

Being a military Mum or Dad takes a great deal of strength, courage and faith.

It isn't easy not seeing your son or daughter very often, and it is especially difficult to be the Mum or Dad of a son or daughter who is deployed overseas.

The following steps will help you to be supportive to your military child whilst taking care of yourself and finding the support you need.



www.youngdiggers.com.au

Your non-military, non-government, confidential volunteer help and support service



Australia

Veterans & Veterans Families Counselling Service (VVCS)

Phone: 1800 011 046 – 24 hrs, 7 days



New Zealand

Veterans' Affairs New Zealand (VANZ)

NZ Freephone: 0800 4 838372

International: +0011 64 7 859 7676

8am-5pm Monday to Friday (NZ time)

How to be a military Mum or Dad

* Step 1

Send letters, emails and care packages to your son or daughter while they are away, especially if on deployment. Ask other members of your family to keep in touch by writing to them as well so your son or daughter knows they have a large support group back home.

* Step 2

Call your son or daughter often if they are in a location where they can receive telephone calls. Remember to be sensitive to their busy and often tiring training and work schedule.

* Step 3

Keep a positive attitude. It is often tough to stand on the sidelines and watch while your child moves all over the country and is deployed overseas on dangerous missions. By being positive, you will be able to stay strong when your child is far from home.

* Step 4

Seek the support of other military Mums and Dads by joining one of the many online or local support groups dedicated to military families. If you are friends with other families who have a child in the military, call them or get together often so you have a shoulder to lean on.

* Step 5

Lean on your family and friends for support. You may be having a hard time not seeing your son or daughter that often, because of their commitment to the military. By looking to close friends and family for support, you'll be able to get through this tough time.