

AGE-APPROPRIATE REINTEGRATION ACTIVITIES

AGUIDE TO HELPING FAMILIES COPE WITH THE STRESS & CHALLENGES WITH REINTEGRATION & REUNION



**FORT CAMPBELL
FAMILY RESILIENCY COUNCIL**

AGE-APPROPRIATE REINTEGRATION ACTIVITIES

This flyer provides quick tips on common childhood reactions to reunions and ideas for activities that are age appropriate. This flyer is not intended to be all-inclusive, because different activities work for different families. Do what feels right for your family. Use the many resources in your community and online. They can provide information and support during the reintegration period. On the back of this flyer you will find a list of family and care-oriented websites.



Infants and Toddlers

Infants and toddlers may not remember you, so expect them to react to you as if you were a stranger and show fearfulness or fussy, clingy behavior. Patience is the key. Your goal is to participate in their daily routines. Predictability is important!

INFANTS (UP TO 12 MONTHS)

- * Bathing, feeding, dressing, changing diapers
- * Infant massage
- * Playtime
- * Nighttime routines such as reading, bedtime stories

TODDLERS (1 TO 3 YEARS)

- * Routine daily activities listed with infants
- * Reading activities
- * Drawing simple pictures
- * Coloring
- * Water play
- * Puzzles
- * Listen to children's music
- * Sit on the floor with them



Preschoolers

Preschoolers are busy gathering information about themselves (who they are in the world of family, school, neighborhood) and what they can do. They are learning how to get along with others, learning rules about group behaviors, and mastering physical activities.

PRESCHOOLER(3 TO 6 YEARS)

- * Bike riding and anything involving walking or running or throwing or kicking a ball.
- * Active games such as tag, red rover, Simon says, hula hoop, jumping rope
- * Reading chapter books (one chapter a night)
- * Making seasonal crafts, scrapbooks, sketchbooks, nature collections

School-age Children

School-age children (7 to 12 years old) are likely to be very excited about your homecoming. They will typically want to spend a lot of time talking with you about school, friends, sports activities, their latest projects and other things they have been doing. Ask them to show you some of their old tests, homework assignments, art work, or other things they have done (Boy or Girl Scout projects, Sunday school papers, etc).

SCHOOL-AGED (7 TO 12)

- * Prepare a meal together
- * Assist with or check homework assignments
- * Attend or assist with special school projects such as school plays, band concerts, bingo nights
- * Look at old photo albums together. Choose vacation, baby, or grandparent photographs and talk about the people and events depicted
- * Take care of pets together
- * Do a family chore together
- * Plan a day trip together for just the two of you
- * Attend a school or church event together
- * Learn the rules of whatever sport your child is playing
- * Play a board game, go bowling, or play minigolf



NO ONE STANDS ALONE

Teens

Teens (13 to 18 years old) will probably be very excited to see you again if there was a positive relationship before the deployment. If you are the parent of a teen, you already know that they experience mood swings and have mixed emotions. This is common for this age group, and their emotional instability may be increased with the stress of reunion. Teens may be reluctant to publicly express their emotions and more concerned with acting “cool” in front of their peers. Be sure to take time to find out what is going on in your teen’s life. Be genuinely interested in them.

TEENS (13 TO 18)

- * Share pictures, activities, schoolwork (praise what they have done)
- * Share what has happened with you while you were gone
- * Ask what has happened with them while you were gone
- * Listen with undivided attention
- * Respect their privacy and friends



HELPFUL RESOURCES

Fort Campbell/BACH Health and Well-Being Resource Guide

www.campbell.army.mil/2008/resource_guide/FtCampbellResourceGuide_1.htm

Child, Youth & School Services

270-798-2164

Military Family Life Consultants

270-205-1917

Military OneSource (24/7)

1-800-342-9647

www.militaryonesource.com

Adult Behavioral Health

270-798-4269/4097

Family Advocacy Program

270-412-5500

Chaplain CARE crisis line (24/7)

270-798-CARE/2273

Army Community Service Outreach

270-798-0609/0263

ACS Parenting Classes

270-412-5500/270-956-3736

ACS Yellow Ribbon Support Group

270-798-2158

Family Life Center (Chaplain's Couple Counseling)

270-798-3316

Child and Adolescent Psychiatry (CAP)

270-798-8437

Exceptional Family Member Program

270-798-8955

Patient and Family Medical Resource Center, BACH

270-798-8055

Dept. of Social Work

270-798-8601

