



# 4-H MILITARY FAMILY BOOK SHEETS

## Supporting Military Families During Deployment with Books & Activities

### 4-H Military Family Book Sheets

The 4-H Military Family Book Sheets help parents and guardians find books and activities to help their children during various stages of their service members' deployments. Each book sheet contains a summary of the book, author and publication details, and activities that they can use with their children pre-, during or post-deployment to extend the message of the book. To find each book, check with your local library, bookstore or online retailer.

#### BEFORE READING:

- ▶ Show your child the front and back cover of the book. Ask him or her to guess what the book is about.

#### WHILE READING:

- ▶ Stop at any time if something comes up that you or your child would like to talk about.

#### AFTER READING:

- ▶ Spend time talking about the story.

Deployment involves moving an individual or military unit within the country or to another country. A mission or task might include training, supporting communities during times of disaster, helping foreign countries or fighting in a war. The many changes happening with each departure and return create difficulties for both service members and their families.

### Supporting Michigan's Military Families

Michigan State University (MSU) Extension and Michigan 4-H are committed to supporting the more than 20,000 Michigan military children and youth, and their families, through programming and community education.

#### PROGRAMS FOR MILITARY FAMILIES INCLUDE:

- ▶ 4-H clubs on installations and in communities
- ▶ "4-H 101" and "4-H 201" training for military staff
- ▶ Operation: Military Kids (OMK) – supporting children of deployed soldiers
- ▶ Speak Out for Military Kids (SOMK) – preparing teens to speak on military life and deployment
- ▶ Hero Packs – saying thank you to military children and youth
- ▶ Military 4-H Club Grants – supporting 4-H clubs for military youth and integrating them into county 4-H programs
- ▶ Community Awareness Training – educating the public on issues facing military families experiencing a deployment
- ▶ Special recognition events during Month of the Military Child and Month of the Military Family
- ▶ Educational and recreational events and opportunities for military families

### Learn More!

Connect with us on Facebook: Search "Michigan Operation: Military Kids" and "Michigan 4-H."

For more information on supporting military families, visit the following websites:

- ▶ MSU Extension: ([msue.anr.msu.edu](http://msue.anr.msu.edu))
- ▶ Michigan 4-H Youth Development: ([4h.msue.msu.edu](http://4h.msue.msu.edu))
- ▶ 4-H Military Partnerships: ([www.4-hmilitarypartnerships.org](http://www.4-hmilitarypartnerships.org))
- ▶ Operation: Military Kids: (<http://www.operationmilitarykids.org>)



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## Pilot Mom

### SUMMARY

In *Pilot Mom*, Major Strom, Jenny's mother, prepares for a two-week training mission in Europe as an Air Force tanker pilot. The preparation brings up many emotions in Jenny including pride and worry her mom may have to go to war. Jenny wonders if her mother will miss her.

Title	Pilot Mom
Author	Kathleen Benner Duble
Illustrator	Alan Marks
Publisher	Charlesbridge Publishing
Place of Publication	Watertown, Massachusetts
Date of Publication	2003
Audience Age	4 to 8 years

### PRE-DEPLOYMENT ACTIVITIES

- Have your service member explain to your child what the symbols, patches and colors mean on his or her uniform. Try to find similar items that your child might wear. For example, your child might wear dog tags or a special bandana similar to the service member's items.
- Have your child and your service member trade special objects such as coins, buttons, small rocks or other items having special meaning to both of them. Then, while the service member is gone, your child can keep that special item to help him or her feel closer to the absent parent.

### DURING-DEPLOYMENT ACTIVITIES

- Talk about what kinds of planes your service member flies or works on. Make a paper airplane, and decorate it with crayons, markers or paints. Fly it together, and then send it to your service member.
- Make a kite and fly it outside together. See how high you can fly the kite. Talk about how your service member flies airplanes.

### POST-DEPLOYMENT ACTIVITIES

- Use a virtual map computer program to figure out how far your service member was from your home. Talk about how he or she came back from the deployment destination: did he or she fly, drive or come home some other way?
- Have your service member share the best part of his or her military job. Then have your child share the best part of the school day. Talk about the similarities and differences.

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