

# Staying Connected

## FOR THE ACTIVE DUTY FAMILY



### 1 Stay involved in school

With prompting from the parent at home, the school-aged child texts a picture of their homework to the separated parent each day. The separated parent provides praise, help, and support through text, phone calls, or video chat.

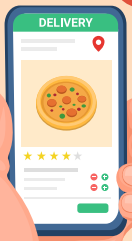
### 2 Child-Check-Ins

A couple spends 5 minutes each day on the phone or via text doing a “child check-in” – catching the separated parent up on how their child is doing that day. (i.e. sleep, health, milestones, activities)



### 3 Dinner Time!

A separated parent “takes care of dinner” by ordering the family’s favorite take out meal and having it delivered to the house.



### 4 Swap Keepsakes

Trade sentimental items and explain the significance of the items you choose. Consider keepsakes such as pictures, notes, recordings, or other special mementos.



### 5 Parent Playlist

The separated parent can create a playlist of their favorite songs for the family to listen to while they are gone. This can bring children so much joy and remind them of the parent that is away.



### 6 Tools & Toys

Favorite apps and websites to use to stay connected:

1. Hug-a-Hero: <https://hugahero.com/>  
Discount Code:
2. United Through Reading App
3. \*one more app/tool idea?\*

