

Stress & Deployments SAB

Families demonstrate increased stress by having a deployed service member. Children experience higher levels of behavioral problems when their parent was deployed compared to a normed population. Multiple deployments have the potential to compound the stress. Various factors influence this stress, the ability in which the at home family maintains a healthy connection is predictive of their view of the deployment. The process of connection and reconnection with their deployed service member plays a significant role in the amount of stress one experiences. Deployment stressors contribute to the wellness of military children and are poor coping is seen by the family physician with increased frequency. Pre, during and post deployment education to include resiliency training, stress management and communication skills decrease stress. Military and community support as well as respite care mitigates stress. As stress remains tolerable growth occurs and positive family outcomes result.

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Pediatric Flight Commander, Chief Developmental Behavioral Pediatrics;

Military Child Education Coalition Science Advisory Board Member

MCEC's Quick Checklist for School Moves



FROM THE PARENT/GUARDIAN:

- Student's Birth Certificate
- Student's Social Security Number
- Student's Health Record (Immunization, etc.)
- Legal Documents as Needed
- Proof of Residency/Military Orders

SCHOOL INFORMATION:

- Address, Phone Numbers, Other Contact Information
- Course Description Book/Grading Scale (if available for 6th grade and above)
- Copy of the Cover of Each Textbook or the Title Page
- School Profile/Handbook
- School Web Page (URL)
- Other: _____

SCHOOL RECORDS:

- Copy of Cumulative Folder (only the copy mailed between schools is considered official)
- Current Schedule
- Report Cards
- Withdrawal Grades or Progress Reports
- Test Scores (Standardized or Special Program Testing, etc.)
- Other: _____

SPECIAL PROGRAMS RECORDS AS APPROPRIATE:

- Individual Education Plan (IEP)/Individual Accommodation Plan (504)/Gifted Program Description
- English as a Second Language (ESL) or Bilingual Education
- At-Risk or Other Action Plans for Classroom Modifications
- Other: _____

OTHER DOCUMENTS AND EXAMPLES:

- Writing Samples and Other Work Examples
- Activities Records (co/extracurricular)
- Community Service or Service Learning
- Other Work or Performance Examples
- Academic Recognitions and Competition Participation
- Other: _____

Artwork (left) by Kristin, Grade 10 • Hohenfels Middle-High School • Germany • U.S. Army

