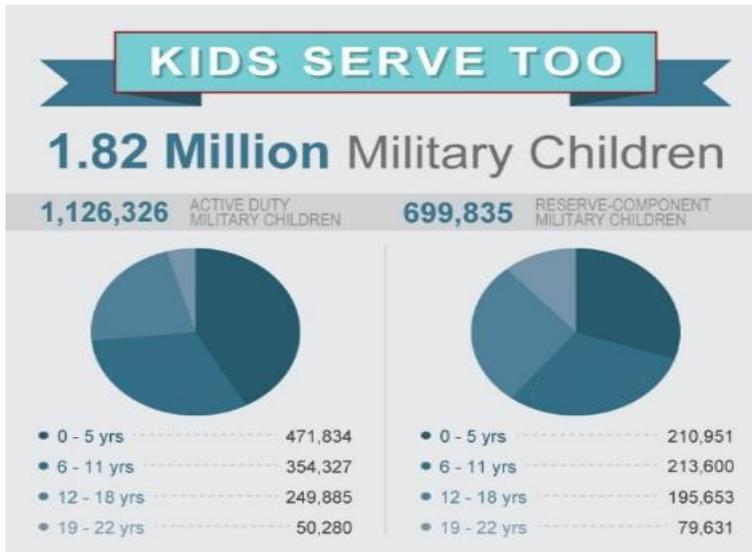


Quick Facts: Military Children



https://www.defense.gov/Portals/1/features/2016/0416_militarychild/infographic.jpg

History

For as long as the armed services have been calling men and women to serve their country there have been children raised in the military. A child of a military family is often subject to frequent moves as their parent or both parents are re-assigned and re-located. In some cases a child may be missing a parent for years at a time.

In 1986, Casper Weinberger, the Secretary of Defense at the time, acknowledged April as the Month of the Military child in an attempt to show children of military families that their personal sacrifices are recognized with respect and gratitude. Despite the evident strain on the family unit military children have truly unique community experience.

<http://www.historyofall.com/history-of-military-children.html>

Family Separation

The following are signs of separation anxiety that children may exhibit when their parent is away:

Preschool/Kindergarten Age Children

- Clinging to people or favorite toy or blanket.
- Choosing adults over same-age play mates.
- Increased acts of violence toward people or things.
- Shrinking away from people or becoming very quiet.
- Sleep difficulties or disturbances (waking, bad dreams)

School-Age Children:

- A rise in complaints about stomachaches, headaches, or other illnesses.
- More irritable and crabby.
- Problems at school (drop in grades, does not want to go, or general complaining)
- Anger toward at-home parent.

Adolescents:

- Acting out behaviors (trouble at school, home, law)
- Low self-esteem and self-criticism.
- Misdirected anger (lots of anger over small things; directed at siblings/parent)
- Sudden or unusual school problems.
- Loss of interest in usual interests and hobbies.

<https://www.military.com/spouse/military-deployment/dealing-with-deployment/deployment-children-and-separation.html>

Relocation and Transition

- Military families move about six to nine times by the time a child is 18. For teens, that can be a serious emotional rollercoaster leaving friends, making new ones and trying to adjust to a new town and school, with the possibility of doing it all over again

1. Extracurricular Activities
2. Quality Time
3. Turn on the Lights
4. Take a Walk Together
5. Take it Slow

<https://militaryspouse.com/military-to-civilian-transition/how-to-help-transitioning-military-kids-integrate-into-civilian-life/>