



# 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>)



# 4-H MILITARY FAMILY BOOK SHEET

## Dear Baby I'm Watching Over You

### SUMMARY

This is a picture book that helps young children in military families begin to understand why their service member is away.

Title	Dear Baby I'm Watching Over You
Author	Carol Casey
Illustrator	Mark Braught
Publisher	Dear Baby Books
Date of Publication	2010
Audience Age	1-8 years

### PRE-DEPLOYMENT ACTIVITIES

- Trace each others hands and write a special message on each finger. Then laminate them with clear contact paper and cut the hands out. Keep them in a special place and use them when the service member leaves to remind them off all the special messages that were written to them.
- Use the map in the back of the book to mark where you live and where the service member will be. Fill out the roll call with names of people you can read the book with.

### DURING-DEPLOYMENT ACTIVITIES

- Draw pictures or write about why your service member is a hero. Think about what they do and how they make the world a safer place. Talk about words like honor, duty, freedom and pride and what they mean to your family.
- Pack a box full of your service members favorite items. Think about their favorite snacks, magazines or books. Include drawings, pictures or notes from you! Send the box to them!

### POST-DEPLOYMENT ACTIVITIES

- Have time set aside to do something special with your service member. This might include playing a game, playing outside, visiting a park or going for a special ice cream outing. Spend time laughing and having fun together.
- Trace your hands again. Compare how the hand prints have changed. Are they bigger? What is different? Talk about those changes and what you hope will stay the same.

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