

IN TOUCH

Stay connected across the miles

Materials: Worksheet copies, template copies, pens or pencils

Directions: Read the worksheet, complete the activity and discuss as a group.

Many families feel disconnected from their deployed loved one. They miss sharing important dates, events and treasured routines.

To avoid feeling isolated, it's important to maintain communication.

By sharing important contact information prior to deployment, your family can decide on the form and frequency of communication. Knowing what to expect will help smooth the deployment transition.

Today, we're going to create a communication plan.

**STEP ONE**

Using the template as a guide, let's discuss various methods of communicating. What will be your favorite way to stay in touch when your loved one deploys? How many forms of communication will you and your family use?

STEP TWO

Take the template home, sit down with your family and discuss how each of you would like to stay in touch. By completing the communication plan *before* your loved one deploys, you'll have a solid way to stay connected. Be sure to have some flexibility built in, as schedules can change.

FAMILY COMMUNICATION PLAN FOR DEPLOYMENT

Directions: Check which forms of communication you'll use. Then, fill in the information for each form.

Communication form	How to log on/access
<input type="checkbox"/> Skype	Account login Account password How often
<input type="checkbox"/> Facetime	Phone number Best times How often
<input type="checkbox"/> Google Photos	Account login Account password How often
<input type="checkbox"/> Instagram	Account login Account password How often
<input type="checkbox"/> Snapchat	Account login Account password How often
<input type="checkbox"/> Email	Address Account password How often
<input type="checkbox"/> Letters	Favorite subjects How often Mailing address
<input type="checkbox"/> Care packages	Favorite items How often Mailing address

