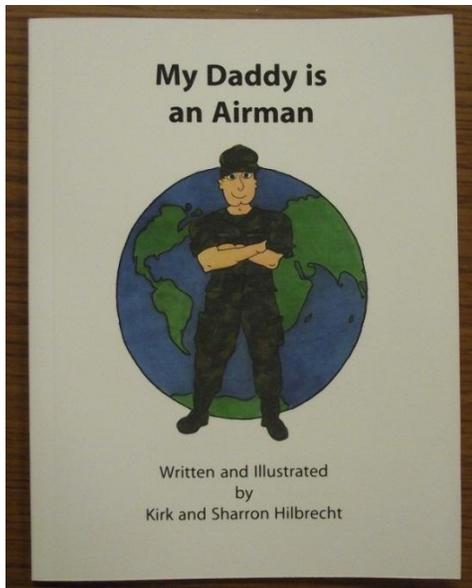


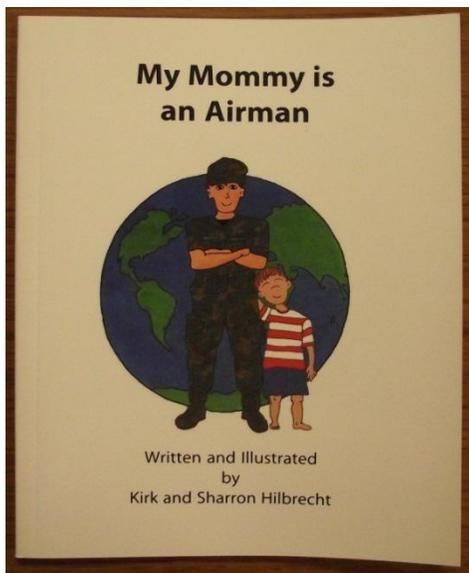
# Readiness Resources

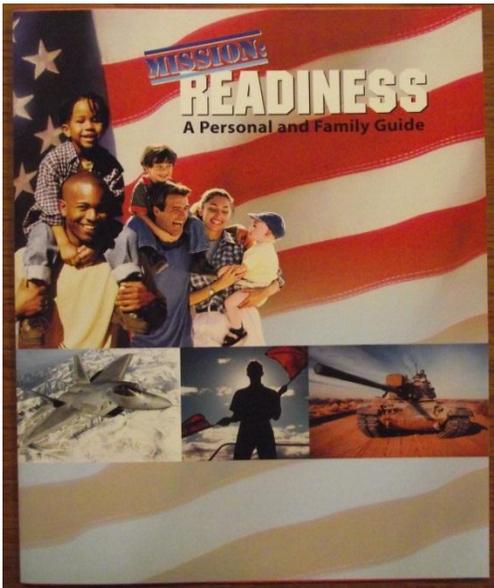
A nice little reference guide for the family to prepare to deployment



A 30-32 page booklet which talks about a few of the everyday events, in the life of an Airman, as seen from a child's perspective.

A nice touch would be to record the deploying parent while they read the book to the child(ren).  
\*AFRC has a camcorder that records to DVD available for checkout.\*

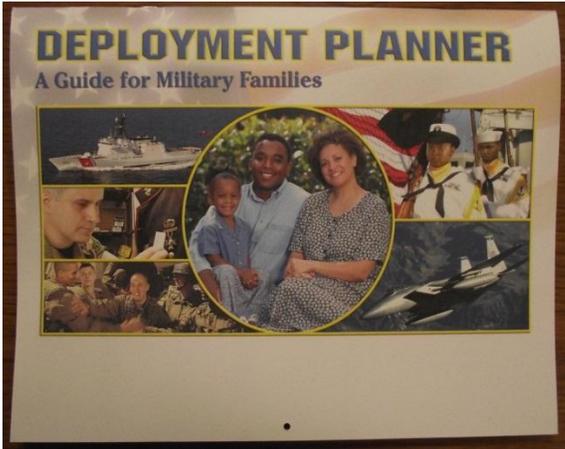




A 32 page reference guide that provides tips for preparing and dealing with a deployment:

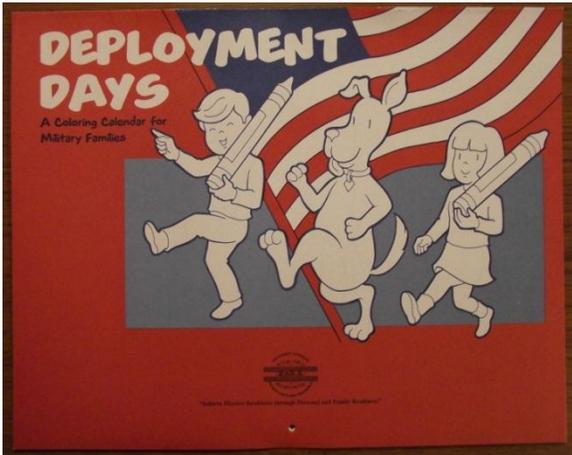
Making plans & arrangements for care of loved ones, financial & legal matters, and medical needs.

Plus worksheets and checklists to help make sure you have covered all important aspects of readiness.

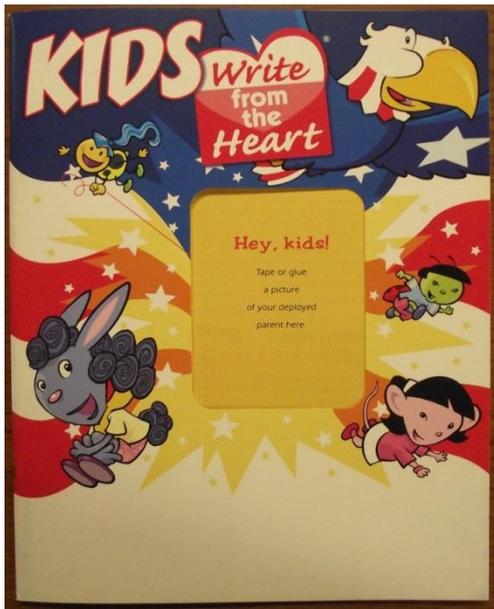


A 27 page deployment planner/calendar to keep the member and the family engaged throughout the deployment.

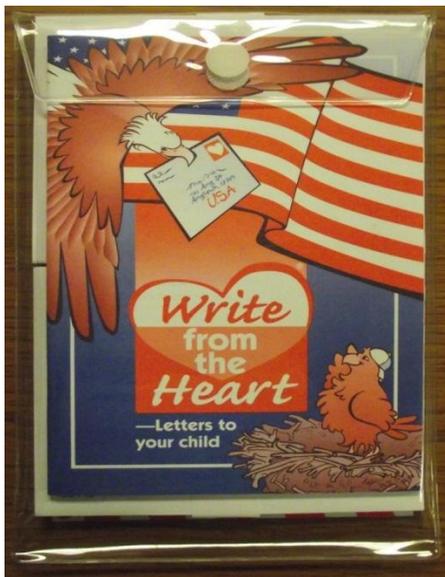
Plus a few tips/advice that cover many of the different phases of a deployment.



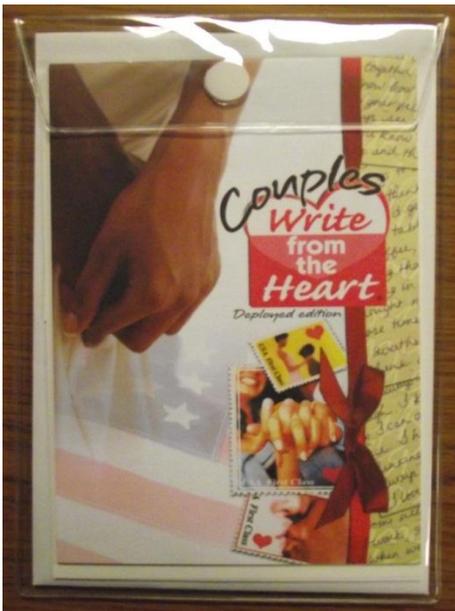
A 14 page, kid friendly, Deployment Planner which offers ideas on how to keep in touch, encourages them to help around the house with chores, etc.



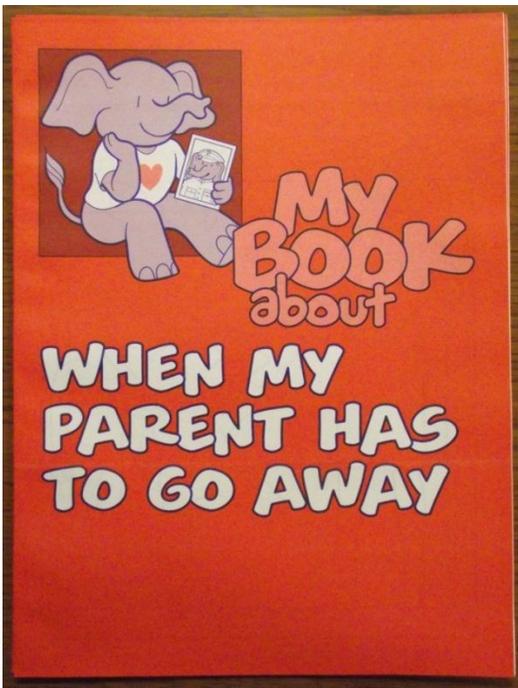
A 33 page writing guide for kids to write to their parent(s). It has coloring pages, crosswords, and two pages full of stickers, so that they could make their letters that much more personal.



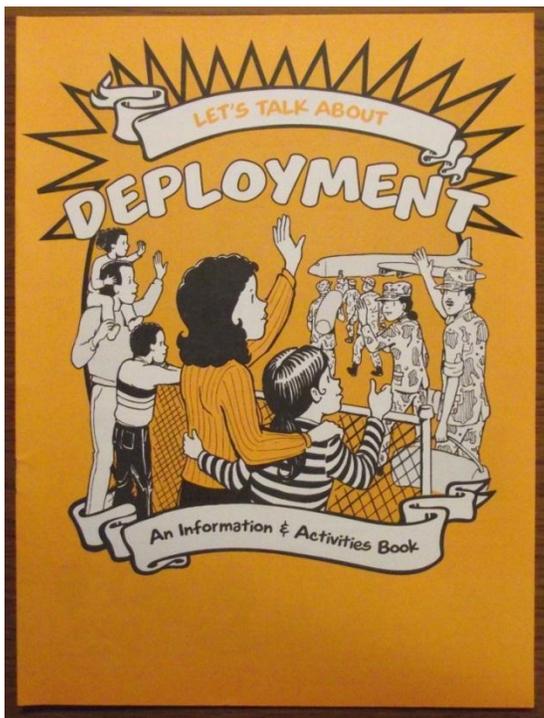
Everything you need to mail a letter. Inside is stationery so that the deployed member can write to the kid(s). It has mailing envelopes, stickers and two tablets.



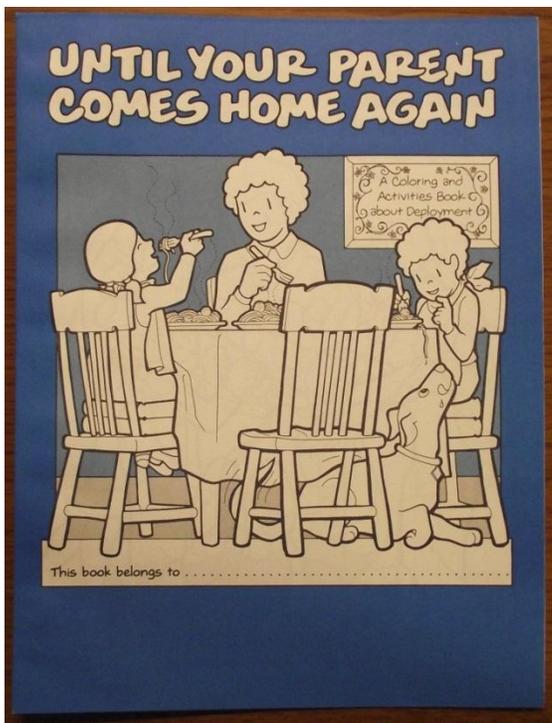
Similar to the kid's booklet, inside is a tablet for each partner along with mailing envelopes, stickers and 10 deployment coupons. You know the coupons that say, "When you get home this coupon is good for \_\_\_\_\_." It's for their eyes only, so I'm pretty sure couples can get real creative with these.



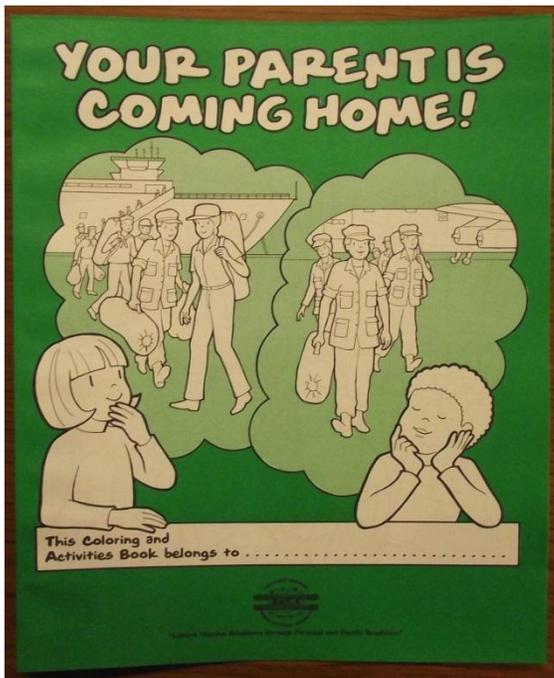
A 7 page coloring book with games and activities relating to deployments. Ages 0-4.



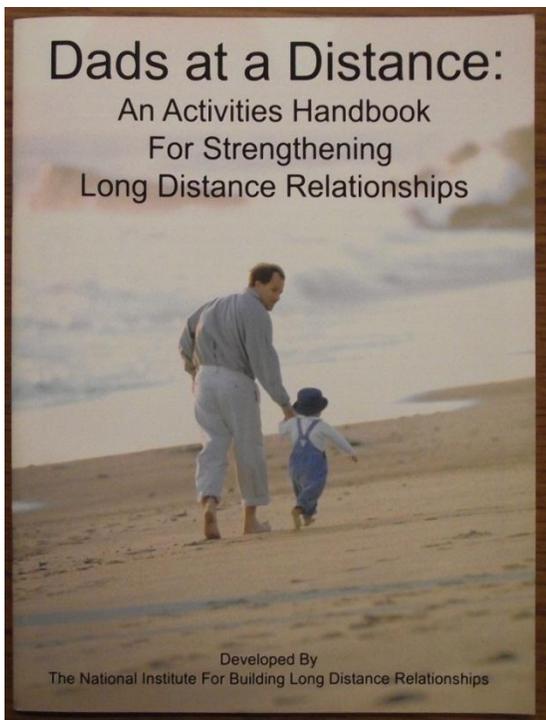
A 15 page booklet with games and crosswords relating to deployments. Ages 5-10



An 8 page coloring book relating to deployments. Ages 5-10



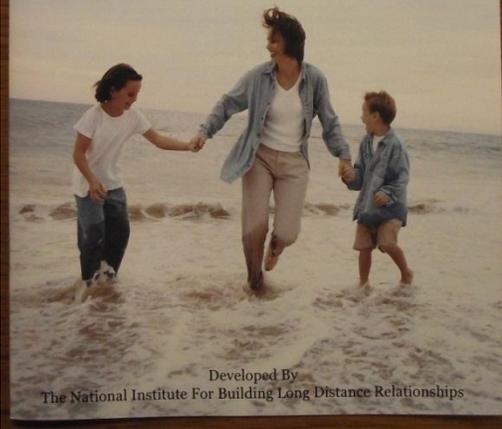
An 8 page coloring book focusing on reunions and reintegration. Ages 5-10



A 20 page booklet offering different ideas on staying in tune with family while deployed.

# Moms Over Miles:

An Activities Handbook  
For Strengthening  
Long Distance Relationships

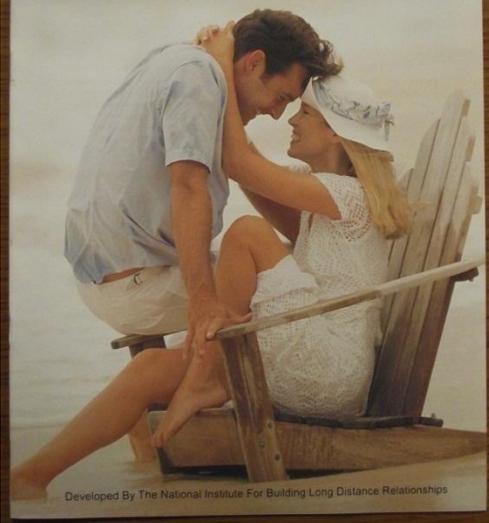


Developed By  
The National Institute For Building Long Distance Relationships

A 20 page booklet offering different ideas on staying in tune with family while deployed.

# Long Distance Couples:

An Activities Handbook For Strengthening  
Long Distance Relationships



Developed By The National Institute For Building Long Distance Relationships

A 27 page booklet offering different ideas on how to maintain a strong, healthy relationship while deployed.



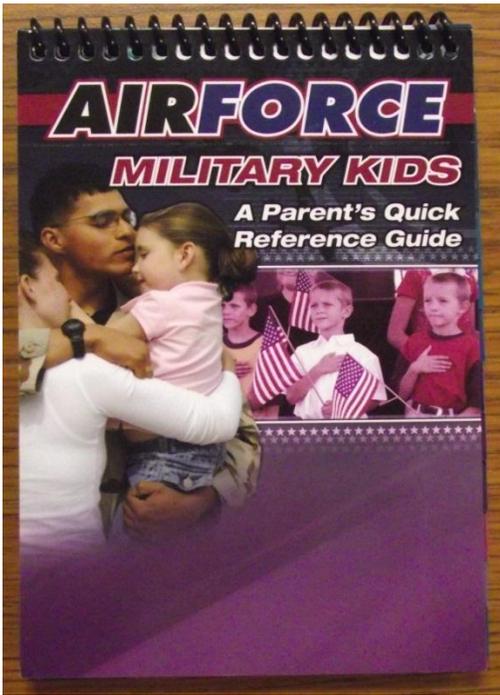
Who says that just because you didn't return home on a rotator, that you can't have the BIG Welcome Home signs? AFRC has two banners that can be signed out to families, so that their loved ones get the same experience without any cost.



To help ease the pain of a deployment, we offer a plush voice-recordable bear (1 per child). The deploying parent can record a 1-minute message to their child or spouse.

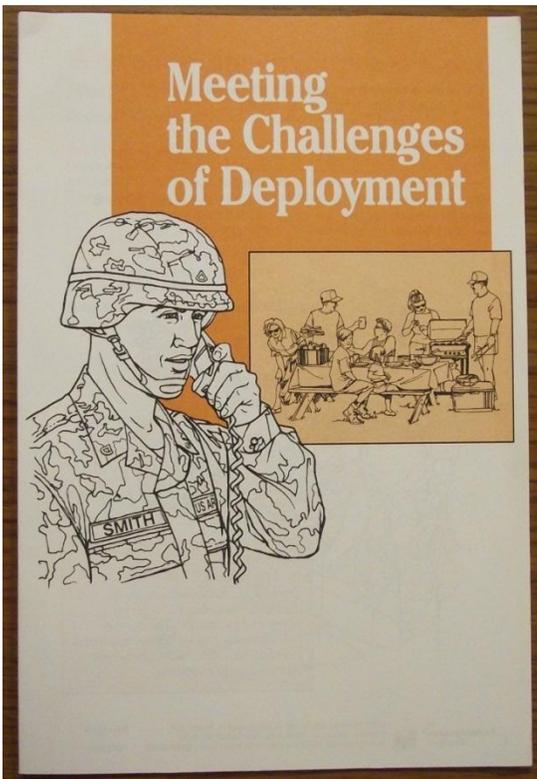


To help ease the pain of a deployment, we offer a Daddy/Mommy Doll (1 per child). We provide a voucher which pays for a 12 inch doll plus shipping. Families need only submit a digital photo, write a message on the bottom, if they wish and choose the background. The current wait time for these dolls is 3 weeks.



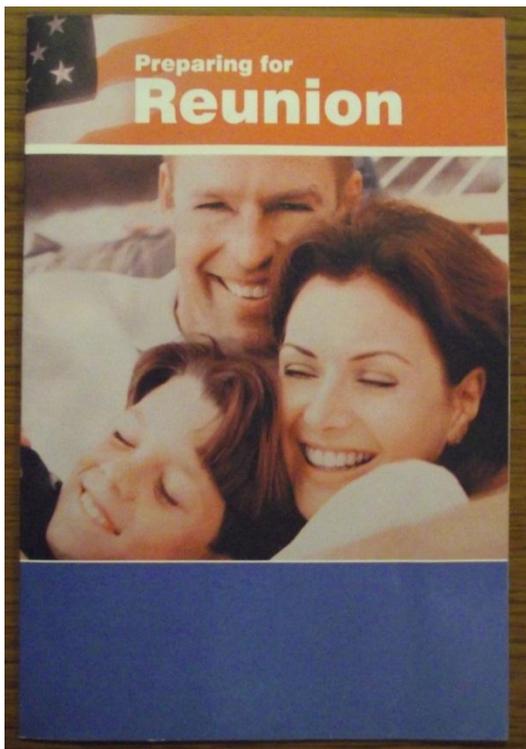
A 38 page booklet offering tips and resources for parents to help and support their kids during deployments, reunions, and relocation:

Tips for talking to your kids, maintaining routines, tips for staying in touch, kids and stress, what to expect during homecomings, positive aspects of moving, tips for moving with teens, etc.



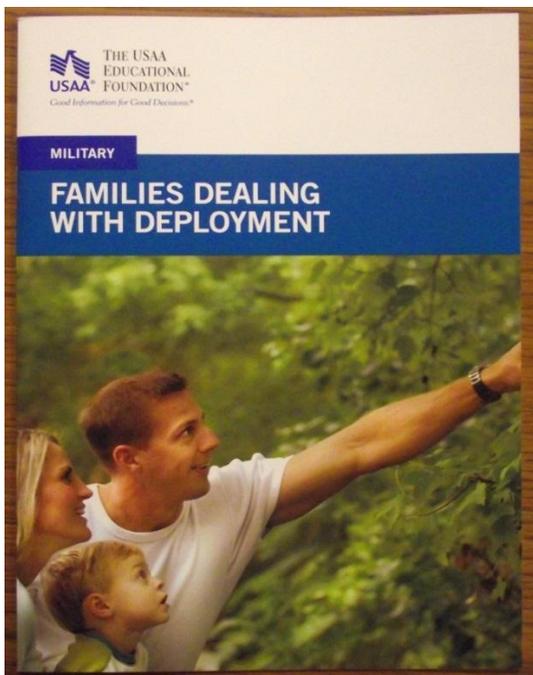
A 15 page booklet discussing the different challenges and opportunities that come from a deployment:

Maintain open communication, planning ahead can help with practical matters, tips for running the house while your partners deployed, etc.



A 15 page booklet offering various tips and advice for preparing for a smooth and successful reunion:

Expect some changes & challenges, tips for homecoming, be patient and expect some difficulties when you return home, making it easier for your children, etc.



A 16 page USAA guide for offering tips and advice for dealing with deployments:

Readying your finances, coping with deployment, and readjusting to routines and responsibilities, etc.



### How about FREE MONEY!!!

Anyone who deploys or goes TDY for 30+ days is eligible for a PLAYPass card.

The Orange Family card is good for \$585 in discounts towards any of the FSS services. Families can use the card to pay for golf lessons, swimming lessons, Arts & Craft classes. They can go to the bowling alley every Wednesday and bowl for FREE. Lastly they can sign up for ANY of the Outdoor Recreation or Information Ticket & Tour (ITT) trips.

The RED child card is good for an additional \$200 in discounts per child. That \$200 comes in the form of 3 x \$50 blocks for any of the Youth Camps, Summer Camps, Sports Camps, or field trips offered by the CDC or Youth Center. Plus, if the child is between 6 weeks and 12 yrs, the parent can get 10 hours of FREE childcare through the CDC or Youth Center.

The Brown Single Airman card has the same savings as the Family card...\$585 for all the same facilities.