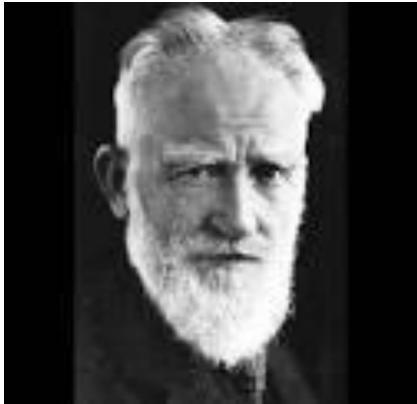


# Communicating With Your Family



“The single biggest problem with communication is the illusion that it has taken place.”

— [George Bernard Shaw](#)

# - Communicating with your Family

- Start the discussions as soon as you know your Family may be facing a deployment ABSOLUTELY before your departure

- As the deploying Family Member make a personal commitment to be aware that your family will be missing you and worrying about your well being no matter how many times you say *"I'm fine"*

-Talk about what YOU don't know

-Keep your Family Informed

-Expect and discuss Family Expectations

- What kind of communication
- When you will communicate
- How often
- Discuss what not to expect/ Don't promise!



# Understanding YOUR Military Families Support Network

Know the chain of concern and how to access NOW before the need may arise



**FRSA**: Family Readiness Support Assistant

**FRG**: Family Readiness Group

**MPOC**: Military Point of Contact

**FAC**: Family Assistance Center

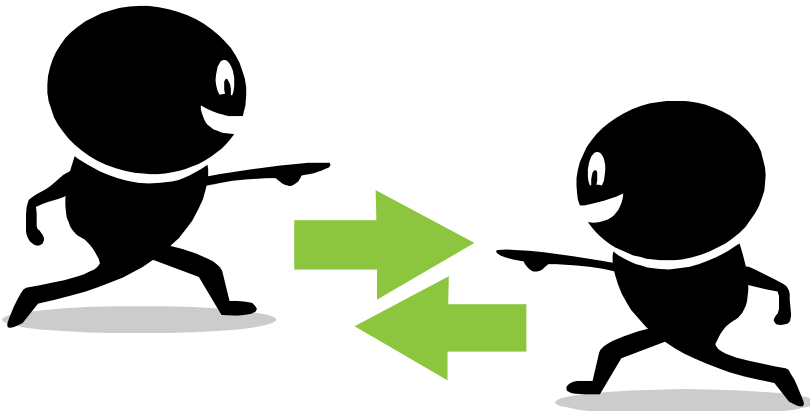
**FACC**: Family Assistance Center Coordinator

**FAS**: Family Assistance Center Specialist

# INVOLVING SERVICE MEMBERS PARENTS NOT JUST ABOUT SINGLE SOLDIERS

Educate Your ENTIRE Family About your Military Experience

Invite your parents to get involved in the Unit Family Readiness Group



Communication is KEY, make a communication plan

# A QUICK SNAP SHOT OF YOUR FAMILIES EMOTIONS

ADMIRATION

Anger

ANXIOUS

UNINFORMED

SELFISH

LOVE

STRESSED

CONFUSED

PROUD

fear

OVER WHELMED

