

United States Marine Corps
Press Release

Division of Public Affairs
Headquarters, U. S. Marine Corps
Washington, D. C. 20380-1775
Telephone: 703-614-4309 DSN 224-4309 Fax 703-695-7460
Contact: Elva Resa
651-357-8770
pr@elvaresa.com



Deployment Journal for Kids
by Rachel Robertson
Elva Resa PR
651-357-8770

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New book helps military kids get through a loved one's deployment

ST. PAUL, Minn. --Frequent moves, new friends, new schools; military children already have to make adjustments.

With long and frequent deployment schedules pervasive in all military branches, a parent to the list of emotional challenges that military children face every day.

"Many military children are living with one parent at home, a parent who is also experiencing the stress of sudden separation, constant worry about a loved one, and single parenthood," said Rachel Robertson, an early childhood educator and military mom who watched her own daughter struggle when her dad deployed to Iraq and Okinawa. "These children are asked to be brave but have many questions; they need a way to process their unique feelings and experiences."

After seeing the benefits her daughter received from keeping a journal while he Robertson created a journal just for children with loved ones who are deployed. Each year on July 4, Americans celebrate their freedom and independence.