

# MILITARY 101

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WELCOME TO THE MILITARY COMMUNITY





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# INTRODUCTION TO THE CANADIAN ARMED FORCES

## WELCOME TO THE MILITARY FAMILY! WE'RE GLAD YOU'RE HERE.

As a military family, you are now a part of a community that offers a lot of opportunities. You may have the chance to live in a new place, travel to a new country, or develop lifelong friendships.

But the military lifestyle also has some unique aspects to it. The great news is that the military offers many resources for you and your family. You will also find great advice from fellow military families!

### ADVICE FOR NEW CANADIAN FORCES FAMILIES

“What I would tell someone new to the military spouse ‘lifestyle’ is to keep yourself busy! Dwelling on them being away or worrying about what ifs/things out of your control will drive you crazy.” – Anonymous

“Be prepared to accept that this job/career will direct your life, your family, and your career, whether you like it or not.” – SLP

“Get involved – ask for help when you need it – and when you have bandwidth, give it.” – Anonymous

“Make sure you are on an email list when your spouse deploys if you have little children – the activities and social times will save your sanity and the other moms know what you are going through.” – JH

“Find the happy blend of the CAF lifestyle and keeping your identity. Sorry, but it's not just a job, it is a career (a job to me is something you do to pay the bills for a few years; a career is something you do for a long time — 10+ years — and becomes a part of how your whole family lives) and a lifestyle. Make use of the MFRC; they are there to help and support. Don't be afraid to make friends with fellow spouses and with others in the community. Ask lots of questions and expect 100 different replies because everyone's experience will be different.” – JFZ



## MILITARY LANGUAGE

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One of the first things you might notice about the military is it seems to almost have a language all of its own. Do you sometimes feel you're the only person who doesn't speak the military's lingo? You're not alone! Most military family members have felt this way, at least in the beginning. Rest assured that it won't be long before you not only understand these acronyms and terms, you're using them without even thinking about it.

- **CAF** — Canadian Armed Forces
- **BOR** — Base Orderly Room
- **CANEX** — Canadian Armed Forces Exchange System
- **CFHA** — Canadian Armed Forces Housing Authority
- **CO** — Commanding Officer
- **CFMAP** — CAF Member Assistance Program
- **FCP** — Family Care Plan
- **MFRC** — Military Family Resource Centre
- **PSHCP** — Public Services Health Care Plan
- **PSP** — Personnel Support Program

## MILITARY FAMILIES

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When it comes to the military lifestyle, it is not just the CAF member who serves — as a family member, you serve, too. You and other family members provide extended support during all aspects of the military lifestyle. Resilient families may make difficult choices, accept important responsibilities and adjust to change.

**CAF Member** — A member of the Canadian Armed Forces

**Parent** — Mother or father of a CAF member

**Child** — A son or daughter of a CAF member, under the age of 18, or 25 and attending school, or an adult unable to physically or mentally care for himself or herself

**Spouse/Partner** — Significant other, fiancé/ fiancée, common-law partner or spouse

## CHARACTERISTICS OF MILITARY FAMILIES

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As you gain experience as a military spouse, you might find that you develop some exceptional skills:

- ☐ Adaptability. Deployments and relocations allow families opportunities for growth and expanding adjustment skills.
- ☐ Resilient. Families are able to grow during times of change. They may make difficult choices and accept important responsibilities.
- ☐ Supportive. Members of the military family and community support each other during all aspects of this unique lifestyle.
- ☐ Commitment. Military families work together to achieve individual, family and Canadian Armed Forces goals.

## THE MILITARY LIFESTYLE

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In addition to the challenges that are common to all families, you are going to face some unique challenges as a military family:

### FAMILY MOVES (RELOCATIONS)

Canadian Armed Forces families may move because of the requirement to relocate to a new community. Moving means adjusting to new people and places, separation from friends and relatives, and career changes. Relocation may be especially difficult for teens who are relying more and more on the support of friends.

### SEPARATIONS AND REUNIONS (DEPLOYMENT)

Canadian Armed Forces personnel and Reserve Force members may be separated from their families due to training schedules or deployments. This can be stressful as family members take on new responsibilities — and wait for their loved one to return. Deployments may last six months or longer.



# EMOTIONAL CYCLE OF DEPLOYMENT

1

## ANTICIPATION OF LOSS (4–6 wks before departure)

**Family:** You're leaving again!  
The roof still needs to be fixed

**Members:** I'll soon be gone and  
STILL have so much to do,  
for work and at home.  
Will my family be okay?



2

## DETACHMENT & WITHDRAWAL (Last wk before departure)

**Family:** I'm so angry  
— Hurry up and leave!

**Members:** I wish this  
deployment would  
start already!



3

## EMOTIONAL DISORGANIZATION (First 6wks of deployment)

**Family:** Oh no! Did I forget to  
lock the door before bed?

**Members:** I just worked 9  
days straight, 15 hrs a day.  
It's hotter than I ever imagined.  
I'm exhausted!



4

## RECOVERY & STABILIZATION (Variable)

**Family:** Hey— I'm doing ok?  
I just fixed the leaky  
tap by myself!

**Members:** Work is going  
well but, do they still  
need me at home?



7

## REINTERGRATION & STABILIZATION (6–12 wks after deployment)

**Family:** life is different...  
but awesome!

**Members:** Honey, I'm home!



6

## RE-NEGOTIATION OF RELATIONSHIP (First 6 wks at home)

**Family & Member: Pt 1**  
Honeymoon Phase

**Family Pt 2-**

You did not just throw your socks  
on the floor!

**Member Pt 2-**

I just want some time alone  
to relax and do NOTHING!



5

## ANTICIPATION OF HOMECOMING (Last 6 wks of deployment)

**Family:** What if we don't have  
anything in common anymore?  
Will he/she notice I gained 10 lbs?

**Members:** Is he/she still going to  
love me? I just want to see my  
loved ones for the first week.  
I don't want a big party.



## TOOLS FOR DEPLOYMENT

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Members who have been through a deployment and their families say that preparation is essential for a successful deployment, whether it is your first or your 14th.

### **A KEY TO A SUCCESSFUL DEPLOYMENT IS GOOD COMMUNICATION.**

Open communication as often and honestly as possible will help build healthy coping skills.

- Allow yourself to feel and express all emotional responses.
- Talk openly about deployment – what you are feeling, your hopes, goals and fears.
- Encourage all family members to share their feelings.
- Try communicating in a variety of ways: Tell your partner how you feel, write him or her a note, or do something special.

### **PREPARE FOR DEPLOYMENT WITH A PLAN.**

“Opportunity comes to those who are prepared. Prepare yourself for greater things!” How can you prepare for deployment? Consider these tips:

- Involve the whole family in preparing for the separation.
- Complete the pre-deployment checklist with your partner.
- Participate in pre-deployment briefings and activities.
- Create opportunities for warm, lasting memories; take pictures.
- Set realistic goals for yourself for the deployment period.

### **GET CONNECTED.**

What is one of the most important success strategies for deployment? Connect with others and build a good support network. Seek others who have similar interests, consider joining a family network group and nurture the relationships with friends that you currently have.



## FAMILY DEPLOYMENT CHECKLIST

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A checklist is one way to actively prepare for deployment, a task that may at first seem overwhelming. You may find it might help provide structure to your deployment preparations, when everything else seems to be moving so quickly!

- ☐ Keep the lines of communication open before deployment.
- ☐ Include children in discussions about deployment – why Mom or Dad is leaving, when he or she will be home. If possible, tell children where your partner is going.
- ☐ Post a map on a wall or place a globe where everyone in the family can see it. Talk about where Mom or Dad will be for the next few months and research the country together as a family.
- ☐ Have each family member send a letter ahead of time. Your partner will have mail when he or she gets there.
- ☐ Print snapshots of the family for your partner to take with him or her.
- ☐ Set expectations for how often you will talk or email each other.
- ☐ Know about your resources—including the MFRC—before deployment. Place a list of resources on your fridge.
- ☐ Have a plan in case of emergencies so you don't have to figure it out in the moment; remember to breathe.
- ☐ Ask your partner how he or she would like to spend their last day being together as a family.
- ☐ Consider planning a getaway together, either before or after deployment.
- ☐ Remember to stay strong, and remember that deployments, though seemingly long and never-ending, are only temporary.

“Keep busy and meet others going through the same thing, because others have hard time understanding. You'll meet your besties.”

– Anonymous



## COMMUNICATION TIPS DURING DEPLOYMENT

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Good communication skills can help your family stay close.  
Here are some tips:

### **BE REALISTIC.**

Understand that when your CAF member is deployed, they may not have regular access to telephones or email. Gaps between emails or phone calls may mean your partner is working long hours.

### **CONSIDER KEEPING A LIST.**

A good way to stay connected during deployment is to share daily events in your life. Consider keeping a notepad with interesting things that happen – a funny story about a neighbor, a hello from a family member, an accomplishment at work – and share these during your next phone call or email.

### **USE GOOD COMMUNICATION TOOLS.**

There are techniques that every person should have in their “bag of tools” to engage in active communication. These can be used in both written and spoken communication:

- Ask open-ended questions that invite discussion and usually begin with “what,” “how” or “why.” Open-ended questions are used to draw out details.
- Use paraphrasing, or the act of rephrasing in your own words what someone else is saying, for clarification and summarization of someone's message. When they hear a restatement of what they just said, they feel they have been heard and are encouraged to expand on what they were saying.

# STAYING IN TOUCH

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## TELEPHONE

- Agree on the frequency of phone calls.
- Understand that regular access to telephones may not always be an option for some deployed CAF members.

## EMAIL

- Email communication may be an option available to you and the deployed member.
- Email is a common way to communicate with deployed CAF members. Keep your partner safe by avoiding military movements, port calls, and classified information.
- Be aware that email sent over non-secure systems can be intercepted.
- Sometimes email systems go down. Keep this in mind and try not to react if you do not hear from your family member right away.

## SOCIAL NETWORKS

- Keep personal information to yourself. Do not post your full name, address, phone number or financial information online.
- Limit who can view your profile or postings. Change your settings from "Everyone" to "Only Friends." Check these settings routinely.
- Update your status message with caution. Do not tell others you are away for a weekend trip or that you are home alone.

If there is an urgent requirement to contact a deployed CAF member, you can request assistance from either your local MFRC, if they offer after-hours service, or the **24-hour Family Information Line** at

**1-800-866-4546.**



## PARENTING FROM AFAR

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If you are a CAF member that is deploying, you can still play an active role in parenting. Consider the following tips:

### PREPARE YOUR KIDS BEFORE DEPLOYMENT

Before you leave, talk to your kids about where you will be sent and the positives about the work you will be doing while deployed. Use maps, books and the Internet to learn more about where you will be going, the weather, the culture and more.

### DURING DEPLOYMENT

**Expect behavioral changes.** Talk with your partner, family, kids' teachers and other important people in your life about what to expect and how to handle it.

**Communicate as much as possible.** Talk as much as you can through letters, phone calls, video chats or online games. You may find a recorder and/or an answering machine a worthwhile investment, to enable younger children to listen repeatedly to the last conversation while waiting for the next.

**Involve both partners in parenting decisions.** When you talk to your children and family members, discuss the events and activities that are going on in their lives.

**Stay involved with school.** Some schools send out emails for homework assignments and report cards; ask to be included on this distribution list.



## 10 TIPS FOR DEPLOYMENT SUCCESS

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1. **Communicate** — Use regular, honest, open communication with a variety of people.
2. **Ask for help** — Be aware of all the resources available to military families and do not hesitate to ask for help.
3. **Manage stress** — Stress is unavoidable. Manage your stress through a balanced diet, exercise, or a spirituality or belief system.
4. **Prepare** — Be prepared for deployments. Ensure that your ID cards do not expire, update your wills and power of attorneys.
5. **Positive attitude** — Have an optimistic outlook. While you may not have control of many things in your life, you do have control of how you approach them with your attitude.
6. **Set goals** — Make long-term goals that you would like to accomplish during deployment.
7. **Have fun** — Make time for fun and do things you enjoy. Celebrate personal successes as well as the successes of your friends and family.
8. **Involved** — Participate in deployment groups, sports, volunteer events, attend classes and stay busy. Focus on helping others as a way to deal with deployment loneliness.
9. **Friends** — Initiate friendships; don't just wait for someone to approach you. Reach out to others in need and others will reach out to you when needed.
10. **Trust** — You and your CAF member should rely on others to do the right thing. Believe that people will be there to support you.



## RELOCATION

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Your CAF member has a posting message to a new base/wing? What does that mean for you? Here are some things you may not expect when you move:

### YOU LOVE IT

You are about to embark on a new adventure! Your new city is a blank slate and a fresh start. What are you going to do with it?

### YOU HAVE POTENTIAL FOR CAREER GROWTH

As a family member, moving might provide an opportunity to start or advance your career.

### YOU MAKE A NEW FRIEND

People are only strangers until you get to know them. You might be surprised to learn that your new neighbor also just moved to the neighborhood only a week before you. Keep your eyes open – friendships could blossom anywhere!

## TOOLS FOR MAKING MOVING A POSITIVE EXPERIENCE

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**Resources** — Find out what tools are available to you:

- Integrated Relocation Program (IRP) manages the logistics and benefits of your move.
- Military Family Resource Centre (MFRC) can help you and your family reintegrate to your new community. (Check out the relocation tool on [www.familynavigator.ca](http://www.familynavigator.ca)).

**Communication.** Discuss the move with loved ones and address any concerns as they come up.

**Request a sponsor.** A sponsor is someone at a new location who can provide you with specific information about your new community. You can request one through your commanding officer.

## EXPLORE YOUR NEW COMMUNITY


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A new environment is rich with opportunities and excitement!

- ☐ Take your family on a tour of your new posting and the surrounding area.
- ☐ Visit local parks, schools, museums, rec centres and libraries.
- ☐ Check out the community bulletin boards at coffee shops, grocery stores or other local establishments to learn about upcoming school plays, groups or other events.
- ☐ Get to know shopping centres, malls and grocery stores.
- ☐ Thumb through the local phone book for important phone numbers and to find interesting places to visit.
- ☐ Read a local newspaper.
- ☐ Look at a road map of your new community.
- ☐ Search online to see if your new city has a website.
- ☐ Consider joining a [MeetUp.com](https://www.meetup.com) group for local book clubs, gaming groups or other interest groups.

### FORUM POST: FIRST TIME MOVING (VERY SCARED)

“I just found out my Canadian Armed Forces fiancé and I will be moving shortly after our wedding. I'm so nervous and scared. He is used to it because he grew up in the military and this is like his fourth move in his military career, but I've never been around military before and away from my family.” – KD

“Hey there. It is perfectly reasonable for you to be so nervous. The good news for you is that once you get to your new posting, there will probably be other women there who are in very similar situations, and you will be able to bond with them over this and work through the transition together. There will most likely also be more seasoned military spouses around who can answer questions and support you through your adjustment. As long as you reach out and get involved in your new community, you will find lots of people willing and able to help get you through this exciting and yes, scary, period in your life.” – DB 

# UNDERSTANDING STRESS

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## RECOGNIZE YOUR SYMPTOMS OF STRESS.

Stress symptoms may be affecting your life, even though you might not realize it. You may think illness is to blame for that nagging headache, insomnia or listlessness. But stress may actually be the culprit.

### BODY

- ☐ Jittery feelings
- ☐ Fatigue
- ☐ Muscle tension or pain
- ☐ Stomach ache
- ☐ Sleep problems

### MOOD

- ☐ Anxiety
- ☐ Restlessness
- ☐ Lack of motivation or focus
- ☐ Irritability or anger
- ☐ Sadness

### BEHAVIOUR

- ☐ Overeating or under-eating
- ☐ Angry outbursts
- ☐ Drug or alcohol abuse
- ☐ Social withdrawal

### FAST FACTS:

- ☐ Stress is a key cause of insomnia in many patients.
- ☐ People who are chronically stressed are more likely to catch colds.
- ☐ A British study shows that the more people check their smartphones, the more stressed they become.





## SUCCESSFULLY MANAGING STRESS

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Learn healthy ways to manage your stress and avoid the negative consequences of stress:

**Have a good laugh.** Every time you laugh, increased oxygen courses to your organs, blood flow increases, and stress evaporates. In fact, just thinking about having a good laugh is enough to lower your stress hormone levels.

**Write down your feelings.** Consider keeping a daily journal or writing a private blog for yourself. This will allow you to identify stressors, as well as provide an outlet for stress.

**Get physical.** Join a gym, and a buddy to walk with or join in a game of hockey – exercise does the body good and is an excellent stress reliever.

**Analyze priorities.** If you have too much to do, do only the most important ones. Accept what you cannot control, such as long lines at the bank or traffic.

**Get enough sleep.** Sleep helps the body to repair itself and reduces stress. A lack of sleep can give you more stress.

**Take time for yourself.** De-clutter your schedule, learn how to delegate your schedule and know that it's OK to say "No."

### TIPS FROM SEASONED SPOUSES:

- Be kind to yourself.
- Get a sitter and hire a cleaner.
- Always ask for help.
- Give yourself a break!



## UNDERSTANDING CONFLICT

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A conflict is more than just a disagreement. It is a situation in which one or both parties perceive a threat (whether or not the threat is real). And all families experience conflict – it's part of life. When you handle conflict in a positive way, family relationships can grow stronger.

### EVERY COUPLE EXPERIENCES CONFLICT.

Every couple is different, but couples report some of the top reasons that they disagree:

- Money
- Sex
- Kids
- Housework
- Work
- Trust

### THE MILITARY LIFESTYLE AND CONFLICT.

The military lifestyle also brings more opportunities for conflict. Moving is one of the most stressful things someone can do, and families in the military move frequently. The period after returning from deployment (reintegration) also brings a lot of stress and change as families shift routines and try to re-balance their lives.

## HANDLING CONFLICT FOR POSITIVE CHANGE

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Conflict can grow if it's not addressed in a positive way. Here are some tips on managing conflict:

### APPROACHING CONFLICT:

Typically there are two responses to conflict: run away (avoidance) or "battle it out" In either case, we often feel uncomfortable or dissatisfied with the results because no resolution has been achieved. By learning to constructively resolve conflict, we can turn a potentially destructive situation into an opportunity for creativity and a happier turnout.

## KNOW HOW TO DEAL WITH CONFLICT FOR A POSITIVE OUTCOME:

**Confront the conflict.** Conflicts continue to fester when ignored. Because conflicts involve perceived threats to our well-being and survival, they stay with us until we face and resolve them. Agree to discuss a hot topic with a cool and clear head. Schedule a time that you can set aside for a family discussion.

**Open up the lines of communication.** Allow other family members to speak and allow your body language to show that you are truly listening – a nod of the head, continuous eye contact, a soft murmur “Mm-hm.” Avoid interrupting the other person and wait for your turn to speak.

**Specify positive outcomes.** What do you want to see happen? What does success look like? Collaborate to come up with solutions and brainstorm ways to get to your ultimate goal.

**Show forgiveness.** In relationships, couples who forgive each other are happier than those who don't.

## RAISING YOUR MILITARY CHILD

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Learn how to raise happy, healthy and resilient children in a military family. Here are some tips to keep in mind:

**Healthy Diet** — You may not feel like cooking if your partner is deployed, but home-cooked meals and family dinners may be just what your child needs. Base meals and snacks on the five main food groups.

**Maintain Routine** — The military lifestyle is full of change. Keeping family rituals and traditions provides some stability for military children.

**Consistent Extra-Curricular Activities** — Keep your children involved in their favourite activities – piano lessons, soccer teams - throughout a deployment or after arriving to a new posting.

**Involve Your CAF Member in Daily Life** — For example, if your bedtime ritual includes story time, video record your partner reading your children's favourite stories before he or she deploys. Play a video during your family story time.

# HAPPY CHILDREN, HAPPY PARENTS

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To become a healthy, happy adult, every child needs:

**Interaction.** Consistent, nurturing, long-term attention from caring adults has shown that kids take more initiative and do better in school.

**Touch.** Holding and cuddling does more than merely comfort children, it also helps their brains grow.

**Communication.** Talking with your child builds verbal skills needed to succeed in school and life. It also helps children learn to relay their feelings of anger, jealousy and frustration to adults.

**Relationships.** A stable relationship with parents and other caregivers is a buffer to stress.

**Self-Esteem.** Parents can build self-esteem through respect, encouragement and positive role models from the very beginning.

**Quality Care.** When you cannot be with your child, quality care from a trained professional can make all the difference in the world.

**Play.** Fun and amusement helps your child explore his/her senses and discover how the world works. Playing with others help children learn to share and be part of a team; it also stimulates creative thinking.

**Reading.** Reading to your child from the very beginning will show the importance of reading and creates a lifelong love of books.

**Music.** Expand your children's world and teach them to sing songs and play instruments. It also helps develop their logistical skills and usually enhances their science and math learning.



## RAISING INFANTS AND TODDLERS IN A MILITARY FAMILY

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When there are changes in the environment, the tendency to seek security is natural. Infants need to be surrounded by familiar people and objects, and secure routines.

### WHAT TO EXPECT FROM THIS AGE DURING A DEPLOYMENT OR RELOCATION:

- Changes in eating and sleeping patterns.
- May want to be held more.
- May seem “fussier.”
- May temporarily regress in walking or toilet training.
- May become clingy or whiny.
- May cry for no apparent reason.
- May exhibit no reaction at all.

### HOW YOU CAN HELP DURING RELOCATION:

- Try to stay calm and relaxed. Infants generally will mirror your stress level.
- Be consistent and try to maintain a routine.
- Avoid making other changes at the same time. This is not a good time to begin toilet training or make the move from the crib to a bed.
- Stay where your baby or toddler can see you.
- Pack your baby's items last and unpack them first.
- Attend to their needs. Find time to hold and comfort them.

### HOW YOU CAN HELP THEM DURING A DEPLOYMENT:

- Have your spouse record video/taped stories.
- Post pictures of the deployed parent.
- Provide extra hugs and cuddles.
- Maintain routine.



## RAISING PRESCHOOLERS IN A MILITARY FAMILY

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Preschool children are beginning to exert their independence but still are self-centered and dependent upon parents when feeling insecure. They are curious, have an active imagination and may worry about being left behind or separated from their parents.

### WHAT TO EXPECT FROM THIS AGE DURING A DEPLOYMENT OR RELOCATION:

- Clinging to family or a favourite toy.
- Unexplained crying.
- Easily angered or frustrated.
- Nightmares or sleep difficulties.
- Fearful of new people or places.
- Regression in toilet habits or other areas of development.

### HOW YOU CAN HELP DURING RELOCATION:

- Allow them to express their feelings and fears about the move.
- Have them help pack their own boxes. Let them decorate the cartons.
- Allow them to help you pack. Let them see what you're doing.
- Include them in the moving activities and plans.
- Help them feel important. Give them a small job to do.
- Give them pictures of their new house and community. Talk about what it will be like.

### HOW YOU CAN HELP THEM DURING A DEPLOYMENT:

- Have your spouse record video/taped stories.
- Create a waterproof photo album or picture book of the deployed parent and child doing things together.
- Maintain routine.
- Create a paper chain out of construction paper with them and let them tear off a link each day until homecoming day.



## RAISING SCHOOL-AGE CHILDREN IN A MILITARY FAMILY

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School-age children have a world outside of the family. Their lives focus on school and peers. They usually are concerned most about fitting in with peers and schoolwork and wonder how a move will affect the everyday routines of their lives.

### WHAT TO EXPECT FROM THIS AGE DURING A DEPLOYMENT OR RELOCATION:

- Change in school performance.
- Increase in complaints of physical ailments.
- Irritable and moody, frightened or angry.
- May internalize emotions.
- May lash out at siblings or parents.

### HOW YOU CAN HELP DURING RELOCATION:

- Encourage your child to share his/her concerns or fears.
- Utilize tools such as a camera or journal, or take your son/daughter on a special "date" day to trigger discussion.
- Give your child time to say goodbye to friends and familiar places.
- Involve them in as many aspects of the move as possible, such as which room will be theirs or what colour to paint it.
- Find out about where they can continue sports and activities. See if they can be signed up in advance.

### HOW YOU CAN HELP THEM DURING A DEPLOYMENT:

- Have a family discussion before deployment. Consider inviting teachers, family or neighbors in the communication process.
- Communicate regularly via phone, email or letters.
- Reassure that safety/drills/training keeps the military member prepared for deployment.



## RAISING PRETEENS AND TEENS IN A MILITARY FAMILY

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Preteens and teenagers are most concerned with working out their own identity and fitting in with their peers. Having established important identities and peer groups outside the family, a move threatens these. This may be the developmental stage that has the most difficulty with relocation.

### WHAT TO EXPECT FROM THIS AGE DURING A DEPLOYMENT OR RELOCATION:

- Physical and/or verbal anger, aggressiveness or passivity.
- Change in school performance, their appearance or behavior.
- Mood swings/depression, including loss of interest in friends and activities.
- Look toward peers for comfort.
- Refusal to move and requests to live with friends.

### HOW YOU CAN HELP DURING RELOCATION:

- Respect their unique situation, validate their frustrations and encourage them to share their thoughts and feelings.
- Let them be a part of the decision-making process.
- Have them contribute to the process of the move, including packing, travel plans, etc.
- Help them plan their goodbyes. Offer to let them have a going-away party or get-together.
- Remember, they may think they are adults, but they still need guidance and support.

### HOW YOU CAN HELP THEM DURING A DEPLOYMENT:

- Communicate regularly.
- Don't expect your teen to take on your household responsibilities.
- Maintain the same rules, curfews and discipline.





## TAKING CARE OF YOURSELF

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**Say “no” to anything that is not important to you.** Phone calls during dinner, vacuuming the stairs, or coworkers making requests for you to cook their favourite potluck dish. Give yourself the permission to say no and focus on what's important. Getting the unessential responsibilities of your schedule will not only create some extra time and space, it will also lighten the burden you're feeling to keep up with it.



**Eat healthy.** It's tempting to order pizza, but it pays off to cook and eat nutritious food. By limiting fats, cholesterol, salt (sodium) and added sugars (in food and beverages), you can boost your mood!



**Keep in touch with your friends.** Just a few text messages, tweets or the occasional coffee will keep your relationships healthy and growing. You don't need to keep in touch with everybody, just the people that make you happy and inspired.



**Get moving.** Aim to get at least 150 minutes of moderate – or 75 minutes of vigorous – physical activity each week. Your body (and mood!) will thank you.



**Get enough sleep.** This advice is not only essential when it comes to self-care, it's absolutely essential when it comes to being able to do your best. It's easy to think that a few more hours of work or studying will do you more good, but it won't. Sleep will.



**Ask for help.** There's nothing wrong with asking for help, and you'll quickly learn that most people around you actually love to be asked! It makes them feel useful and important.

## TOP 10 MILITARY SPOUSES/PARTNER TIPS

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1. Change will be part of your life. Learn to discover all the opportunities that come with it.
2. Ask for help when you need it. Even when you think you don't need it, ask anyway. Asking for help is being resourceful.
3. Being flexible and adaptive will be major assets as you adapt to the military lifestyle.
4. Take advantage of every opportunity provided to meet people in the same situation and to educate yourself about the lifestyle.
5. Be yourself. Learn to embrace new experiences as learning experiences, and realize that some of the opportunities that come your way are very exciting.
6. Take time for each other when you can, and use it well.
7. Say it! The worst thing you can do is hold on to things you need to tell your partner. Communicate openly, take time to share your concerns and acknowledge the good things with your partner.
8. Look for the humour — share a laugh with a friend!
9. It is what you make of it! You can feel connected, with a sense of belonging and pride, or you can be at arm's length if you choose. Either way, there is a whole community of services and resources available to you!
10. Remember, it may feel like you don't have a choice about the lifestyle, but you will always have a choice about your approach to life.

## APPENDIX

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### MILITARY INSIGNIA

Military insignia, generally worn on the shirt collar or sleeve, and identifies personnel by their position and rank. Military personnel are either officers or non-commissioned members.



# INSIGNIA

## RANK & APPOINTMENT



### NAVY

#### FLAG OFFICERS



Admiral (Adm) Vice-Admiral (VAdm) Rear-Admiral (RAdm) Commodore (Comdr)

#### SENIOR OFFICERS



Captain (Cap) Commander (Cdr) Lieutenant-Commander (LCdr)

#### JUNIOR OFFICERS



Lieutenant (Lt) Sub-Lieutenant (SLt) Acting Sub-Lieutenant (ASLt)

#### SUBORDINATE OFFICERS



Naval Cadet (NCdt)

### ARMY

#### GENERAL OFFICERS



General (Gen) Lieutenant-General (LG) Major-General (MGen) Brigadier-General (BGen)

#### SENIOR OFFICERS



Colonel (Col) Lieutenant-Colonel (LCol) Major (Maj)

#### JUNIOR OFFICERS



Captain (Cap) Lieutenant (Lt) 2nd Lieutenant (2Lt)

#### SUBORDINATE OFFICERS



Officer Cadet (OCdt)

### AIR FORCE

#### GENERAL OFFICERS



General (Gen) Lieutenant-General (LG) Major-General (MGen) Brigadier-General (BGen)

#### SENIOR OFFICERS



Colonel (Col) Lieutenant-Colonel (LCol) Major (Maj)

#### JUNIOR OFFICERS



Captain (Cap) Lieutenant (Lt) 2nd Lieutenant (2Lt)

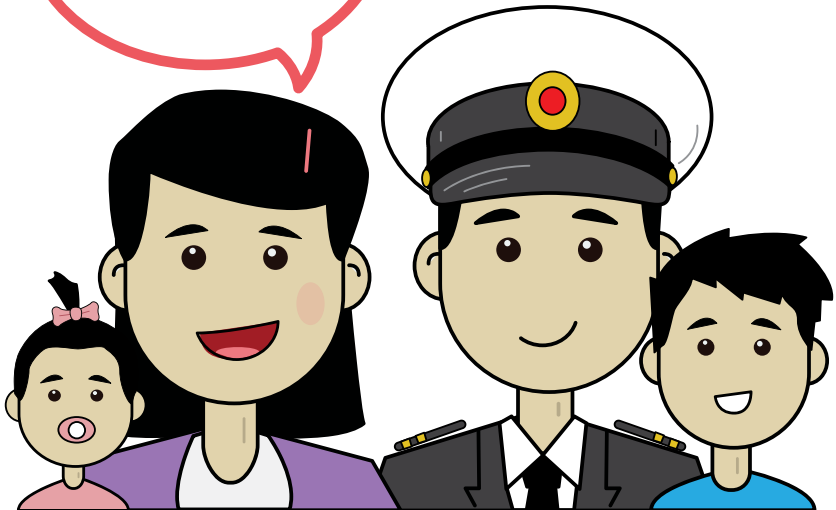
#### SUBORDINATE OFFICERS



Officer Cadet (OCdt)

SENIOR APPOINTMENTS			SENIOR APPOINTMENTS			SENIOR APPOINTMENTS		
								
Canadian Forces Chief Warrant Officer (CFCWO)	Command, Chief Petty Officer (CCPO)	Command, Group, Formation, Fleet, Base Chief Petty Officer	Canadian Forces Chief Warrant Officer (CFCWO)	Command, Chief Warrant Officer (CWO)	Command, Group, or Formation, Chief Warrant Officer	Canadian Forces Chief Warrant Officer (CFCWO)	Command, Chief Warrant Officer (CWO)	Command, Group, Formation, Wing, Chief Warrant Officer
NON-COMMISSIONED MEMBERS			NON-COMMISSIONED MEMBERS			NON-COMMISSIONED MEMBERS		
								
Chief Petty Officer 1st Class (CPO 1)	Chief Petty Officer 2nd Class (CPO 2)	Petty Officer 1st Class (PO 1)	Chief Warrant Officer (CWO)	Master Warrant Officer (MWO)	Warrant Officer (WO)	Chief Warrant Officer (CWO)	Master Warrant Officer (MWO)	Warrant Officer (WO)
								
Petty Officer 2nd Class (PO 2)	Master Seaman (MS)	Leading Seaman (LS)	Able Seaman (AS)	Ordinary- Seaman (OS)	Sergeant (Sgt)	Master Corporal (MCpl)	Corporal (Cpl)	Private (Trained) (Pte T)
								
Private (Basic) (Pte B)	Sergeant (Sgt)	Master Corporal (MCpl)	Corporal (Cpl)	Aviator (Trained) (Avr T)	Aviator (Basic) (Avr B)	Sergeant (Sgt)	Master Corporal (MCpl)	Corporal (Cpl)

**WELCOME  
TO THE MILITARY  
COMMUNITY!**



# RESOURCES

Are you looking for more information? Try the websites below, or scan the code with a QR reader on your smartphone.

**Military Family Resource Centres (MFRCs)** are committed to enriching the lives of individuals and families in Canadian Armed Forces (CAF) communities through positive action, education and support. [www.familyforce.ca](http://www.familyforce.ca)



**The Navigator** — FamilyNavigator.ca is an online toolkit to help Canadian Armed Forces families who are looking for resources, moving to a new community, or dealing with military lifestyle challenges. [www.familynavigator.ca](http://www.familynavigator.ca)



**Raising Your Military Child** — An online training to help military families deal with the unique challenges of parenting that come with military life. [www.esquimaltmfrc.com/parenting/military-child.php](http://www.esquimaltmfrc.com/parenting/military-child.php)



**The Psychology Foundation of Canada** — An online resource containing a list of web links for parents of young children. [www.psychologyfoundation.org](http://www.psychologyfoundation.org)



**The Family Information Line** — A toll-free bilingual telephone service for families of Canadian military personnel, intended to provide timely and accurate information as well as reassurance, support and referrals to other resources. [www.familyforce.ca/sites/FIL/EN/Pages/default.aspx](http://www.familyforce.ca/sites/FIL/EN/Pages/default.aspx)

