

QUICK REFERENCE SHEET

DEPLOYMENT LIST FOR FAMILIES

FINANCIAL

- _____ Make out a long-range budget to include those once a year expenses
- _____ Allotment – start making arrangements four months in advance if possible
- _____ Checkbook – who will write the checks on what account? Are you each familiar with balancing the checkbook?

LEGAL

- _____ Will – everyone needs a will
- _____ Records – what, where and when done
- _____ Insurance – car, life, renters or home
- _____ Power of Attorney – need for something special?

KEEPING IN TOUCH

- _____ Mail – how often and what kind of information will you share?
- _____ Number your letters
- _____ Email/Texting/Facebook/Twitter
- _____ Webcam/Skype
- _____ Telephone – how many calls, length of time, time and place agreed on, who pays
- _____ Relatives – who will write, send gifts to parents, etc.
- _____ Duplicate calendars – note special events, birthdays, school and community activities. Keep each other updated
- _____ Children's discipline – establish rules in advance, chores, curfews, etc.
- _____ Gifts – buy gifts in advance and leave with a friend or family member for anniversary, birthdays, special events

SETTING GOALS

- _____ Support system – family, friends, CST spouses, ombudsman, church, school, co-workers, family readiness group, spouse club, hobbies
- _____ Once a week outing for you – movie, dinner, bowling
- _____ A family day – quality time with no interruptions
- _____ Communication with the Navy community to keep abreast of what events are being planned
- _____ A routine that can be maintained before, during and after deployment
- _____ Short term goals – volunteer, expand education, discover whatever works for you
- _____ Family activities that help maintain connection – send photos, record everyday activities, paper chains
- _____ Contact the Fleet and Family Support Center to get their e-fliers or hard copy fliers of things going on in their center as well as your area that would be supportive of your deployment experience.
- _____ Contact MilitaryOneSource for information and support material on deployments.

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FAMILY PREPARATIONS FOR DEPLOYMENT

LOOKING AHEAD - Are you as ready for deployment as you can be?

The most important aspect of a deployment is to plan ahead. There are many things you should do before the deployment, and now is the time to do them. Taking care of the things listed below will help prevent you, or loved ones, from feeling that you have to handle everything alone, and your spouse from worrying about all the things left undone.

For starters, spend an evening with your spouse to discuss the deployment. Talk about how you feel, what you worry about and how to handle emergencies or repair problems. Discuss what you think needs to be done around the house and figure out the best possible way to manage your finances.

Have a “show and tell” day. Ask your spouse to show you how to check the oil in the car and where to add brake and transmission fluids, etc. Learn these things before the deployment.

So much will depend on your advanced preparations. The more you can learn and accomplish before the deployment, the more confident both of you will be when parting time comes.

- Do you know your Ombudsman's name and phone number?
- Do you know your spouse's social security number?
- Is the emergency data page in their service record current and accurate? (“Page 2”)
- Is the emergency data at your children's school up to date?
- Is your ID card about to expire? Have you arranged for paperwork for an ID card for any child who will turn 10 before the end of the deployment?
- Has the car's maintenance been discussed? Who will take it for repairs?
- Do you know what to do or who to call if something in your home breaks?
- Do you understand what the Ombudsman, Fleet and Family Support Center, Red Cross, Navy-Marine Corps Relief Society, the Chaplain, etc. can do for you, and how and when to contact them?
- Do you understand the use of medical facilities and TRICARE? Is your family enrolled in DEERS?
- Do you have emergency numbers where you can get them quickly?
- Have you reached an agreement on the frequency of letter writing? Do you know the command's complete address?
- Have children been included in discussions on where the parent is going, when they are coming home and why they are leaving?
- Have you discussed a power of attorney? Do you need a special power of attorney to sign income tax forms or to cash a check?
- Do you have an adequate allotment? Will it cover your rent, utilities, grocery needs, bills and other expenses? Are you enrolled in Direct Deposit?