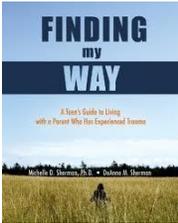


# DEPLOYMENT RESOURCES – Books for Military Children



## **Finding My Way**

By: Michelle D. Sherman, Ph.D. & DeAnne M. Sherman

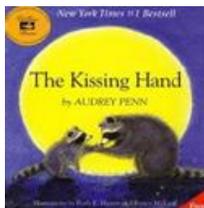
***Finding My Way: A Teen's Guide to Living with a Parent Who Has Experienced Trauma*** is an invaluable tool in the hands of those so often forgotten in dealing with trauma: the teenagers who are confused and frightened by what is happening. Practical in its format, clearly and concisely written, this vital resource avoids jargon and fills a desperate need for these families. For more information about Finding My Way, please see their website [www.SeedsofHopeBooks.com](http://www.SeedsofHopeBooks.com)



## **Home Again**

By: Dorinda Silver Williams

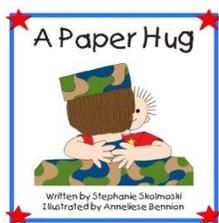
Home Again is a children's board book designed by ZERO TO THREE to support young children, as well as their parents and caregivers, through post deployment reunification. This book addresses family change and connectedness from the young child's perspective capturing the range of emotions and experiences that can be associated with post-deployment reunification.



## **The Kissing Hand**

By Audrey Penn

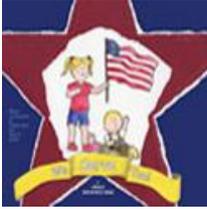
When Chester the raccoon is reluctant to go to kindergarten for the first time, his mother teaches him a secret way to carry her love with him.



## **Paper Hug**

By Stephanie Skolmoski

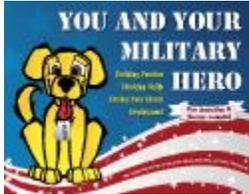
Have you ever said good-bye to someone very dear? Here's a story about a little boy who figured out the best gift to give his dad who was leaving to serve his country . . . a paper hug.



### **We Serve Too**

By [Kathleen Edick and Paula Johnson](#)

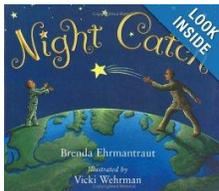
This touching book deals honestly with deployment from a young child's point of view, linking daily activities of parent and child, while honoring a child's own sacrifice and service to country. Each book comes with a dog tag and a pull out activity sheet with ideas to keep families connected.



### **[You and Your Military Hero](#)**

By Sara Jensen-Fritz, Paula Jones-Johnson, and Thea L. Zitzow

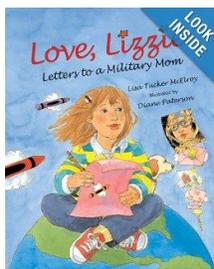
*You and Your Military Hero* helps children learn positive coping skills during a loved one's deployment and empowers children and military families to maintain positive outlooks during this challenging time. A friendly dog named Flipp guides the child on a journey of positive, solution-focused, and instructive activities. By practicing the activities in this book, children develop coping competencies that they can apply throughout their lifetime.



### **Night Catch**

By Brenda Ehrmantraut

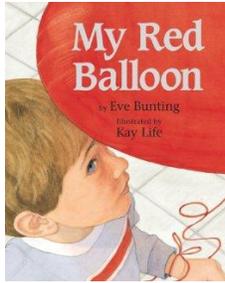
When a soldier's work takes him half-way around the world, he enlists the help of the North Star for a nightly game of catch with his son. *Night Catch* is a timeless story that connects families while they are apart and offers comforting hope for their reunion.



### **Love, Lizzie: Letters to a Military Mom**

By L.T. McElroy

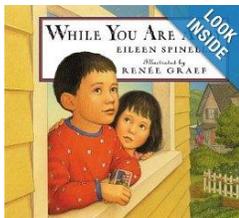
Lizzie's mom is serving in the military overseas, and Lizzie really misses her. While they are apart, Lizzie and her mom write letters to each other to help make the separation easier. Lizzie asks her mom to hurry up and defend freedom so she can come home soon. It's hard when her mom misses Lizzie's soccer championship and her birthday. Throughout the story, Lizzie draws maps to show her mother the important things in her life--like the new ice cream store, her new friend's house, the family's Thanksgiving airplane trip to Florida, and the stars in the sky. While Lizzie doesn't know exactly where her mom is, they both can wish on the same star.



### **My Red Balloon**

By E. Bunting

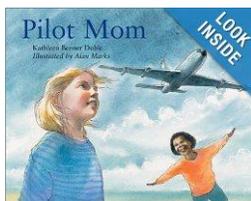
The boy has been waiting for this day for many months. It's the day his daddy comes home from overseas. He jumps out of bed and gets ready for the big event. But before going downstairs for breakfast, he takes along something very important: his red balloon. There will be many families and loved ones at the pier. The red balloon will help his father find him among the crowd. When the boy and his mother get to the pier, they find parents waiting for daughters and sons, and children waiting for mommies and daddies. Suddenly, the crowd gives up a rousing cheer as the big ship approaches the harbor. The boy can see sailors standing on the deck. Could one of them be his daddy? But as the ship approaches, the boy loses his grip on the red balloon. Will his daddy find him in the crowd? Eve Bunting's endearing story is lovingly illustrated by Kay Life and captures that special moment when a family is reunited after months of separation.



### **While You Are Away**

By E. Spinelli

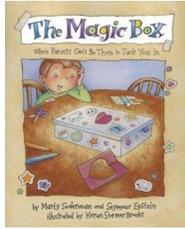
While you are on that big ship, Daddy, far, far away I tell you things. I pretend the wind can carry my words clear across the ocean right to your heart. At times a loved one may be far, far away, but that special person is never far from mind and heart. Eileen Spinelli's lyrical, patriotic text and Rene Graef's uplifting illustrations depicting military families combine to create a reassuring book about separation and reunion.



### **Pilot Mom**

By Kathleen Duple

Tells the story of young Jenny whose mother is a tanker pilot in the Air Force. Major Strom is preparing for a two-week training mission in Europe. Every time her mother goes away, Jenny is torn between pride and worry. Jenny thinks about the time that her mother went to Saudi Arabia to fly in the Gulf War and worries that she may have to go to war again. Jenny wonders if her mother thinks about her when she's away. For the thousands of children of military parents in the United States, whose jobs are to defend the country, this book offers an introduction to a dialogue about how they feel about the job and its dangers. And, for all children who are confused about war, this book can help parents and teachers start a conversation about their concerns.



### **The Magic Box: When Parents Can't Be There to Tuck You In**

By M. Sederman & S. Epstein

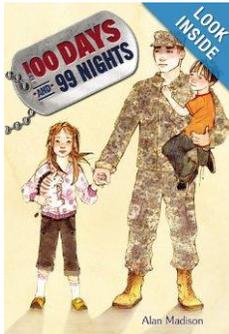
Casey and his father find a special way to share their love when his father has to go away on business. This upbeat and delightfully illustrated book contains many valuable tips for families in which a parent is frequently away from home. Also contains a "Note to Parents".



### **Red, White and Blue Goodbye**

By Sarah Tomp

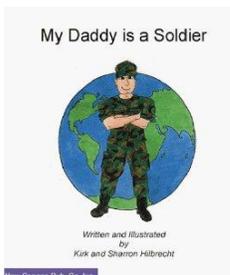
Daddy is a navy man. He loves his family, but sometimes duty calls. And when it's time for him to ship out, it's difficult for his young daughter to accept. Saying good-bye can be upsetting. But the fun moments and special rituals they share make parting easier. Daddy's uplifting red, white, and blue good-bye reminds us all that we can stay connected with our loved ones in our hearts, even when we can't be close to them in person.



### **100 Days and 99 Nights**

By Alan Madison

In a timely, but not politically charged way, author Alan Madison looks at the way a family copes with having a parent away on a 100 day, 99 night military tour of duty through the eyes of the very loveable Esmerelda (Esme) Swishback McCarthur. Esme wants to be good while her dad is away. In fact, she feels like it's her duty to be good. But being good can be hard, especially if you have a little brother like Ike. By following Esme's story, as she awaits her father's return, readers will see how heroism can translate to every member of a family.



### **My Daddy is a Soldier**

By Kirk Hilbrecht & Sharon Hilbrecht  
Published by New Canaan Publishing

Color picture book for young military families show how Daddy's job is important.

***The appearance of a book on this page does not imply official endorsement by the DoD; it is merely provided as resource for your convenience and consideration.***