



Family Issues

Survival Tactic 48: Tell Your Children the Truth

(Excerpt from the book *America's Hidden Heroes: Survival Tactics for the Families of our Military Forces*)

I believe that children of any age can understand on some level what your spouse is being called to do. While avoiding certain words that could cause stress, it was very easy to explain to my 2 and 4 year olds that Daddy was in the military.

We talked about what soldiers are called to do, and why. We discussed that it is the greatest job to aspire to, as they protect our country and our way of life. The kids understood this, and understood that Daddy volunteered for this assignment because of his commitment to his job and country.

I made sure that they were proud and honored to be serving their country by "giving up" Daddy for a while. They communicated this to others beautifully and made me very proud.

Questions to consider:

- What will I tell my children?
- What do I believe about my spouse?
- How can I share this with the children?

With a firm belief that she is serving her country as a military wife, **Amy Stevens**, author of *America's Hidden Heroes: Survival Tactics for the Families of our Military Forces*, shares methods for improving relationships and dealing with the emotions that surround a deployment. Her book can be purchased from [Amazon.com](https://www.amazon.com) or from the [America's Hidden Heroes website](http://www.americashiddenheroes.com). She's available for speaking engagements and can be reached by calling (512) 259-4757 or by sending an email to amy@americashiddenheroes.com.