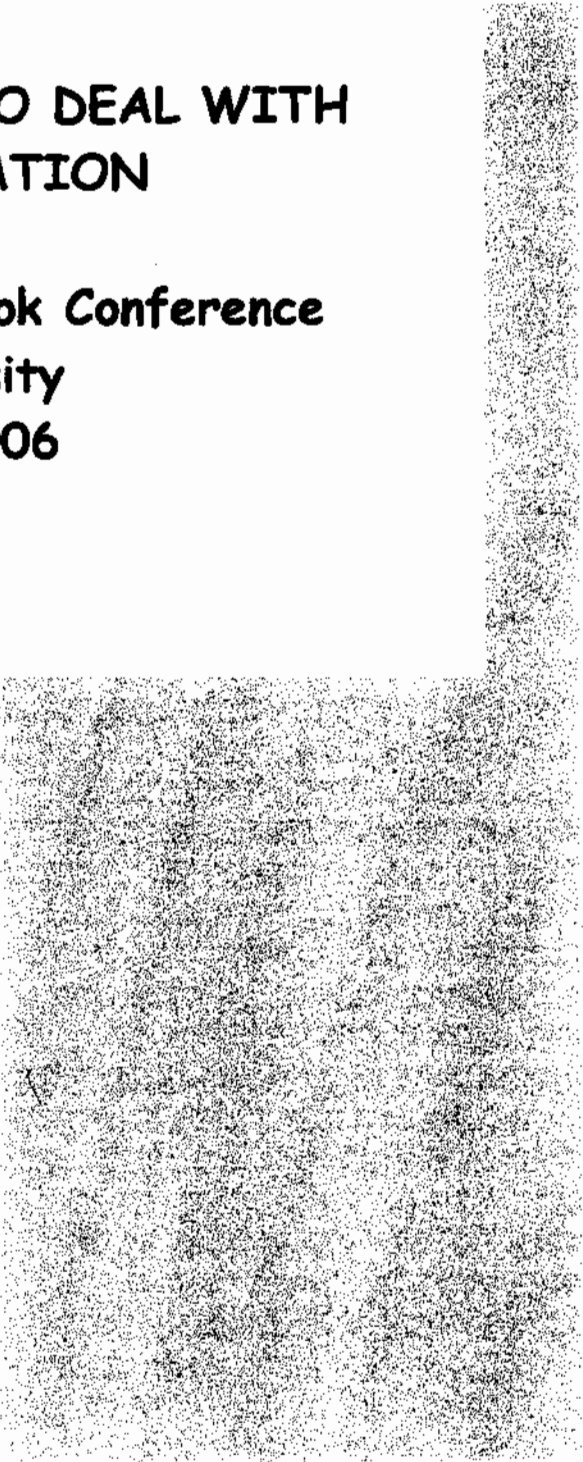




**USING PICTURE BOOKS TO DEAL WITH
MILITARY SEPARATION**

**The Art of the Picture Book Conference
Ashland University
May 12-13, 2006**

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Helping your child cope

When events like war or other acts of violence are present in the news every day, young children are likely to hear about them and start asking questions. Many parents are challenged by what kids are saying and wonder how to respond in age-appropriate ways. These books can help you develop effective ways to communicate with your children and soothe their fears.



Here are some communication pointers:

- Reassure kids that they are safe.*
- Ask questions to find out what they know, so that you can see events through their eyes.*
- Use art and games as conversation starters.*
- Tell children only what they need to know.*
- Be available. Let kids know you are here to help.*

BOOKS ON COPING WITH FEAR

Arnold, Marsha. *The bravest of us all.* Dial Books, 2000. ISBN: 0803724098.

Ruby Jane thinks that her sister Valma Jean is the bravest person in her family, but when a tornado comes, Ruby Jane shows that she is very brave herself.

Carson, Nancy. *There's a big, beautiful world out there.* Viking, 2002. ISBN: 0670035807.

A young girl realizes that, although there are many things to be afraid of in the world, such as a thunderstorm, there is even more to look forward to, such as the rainbow that will follow the storm.

Crain, Shutta. *The bravest of the brave.* Alfred A. Knopf, 2005. ISBN: 0375826378.

A fearless little skunk sets off through the woods alone at night encountering scary creatures, which the reader can correctly identify as various forest animals.

Freyman, Sexton. *How are you peeling? Foods with moods.* Arthur A. Levine Books, 1999. ISBN: 0439104319.

Who hasn't looked at a fruit or vegetable and seen a face, funny or otherwise? And who knew that they could be so expressive?

Hagan, Barbara. *Wally, the worry-warthog.* Clarion Books, 1990. ISBN: 0899198961.

Wally, a warthog who worries about everything, discovers the terrifying Wilburforce Warthog, the school bully, has as many fears as he does!

Hankas, Kevin. *Sheila Rae, the brave.* Greenwillow, 1987. ISBN: 0688071554.

When brave Sheila Rae, who usually looks out for her sister, Louise, becomes lost and scared one day, Louise comes to the rescue.

Hankas, Kevin. *Wemberly worried.* Greenwillow, 2000. ISBN: 0688170217.

Wemberly is the original worrywart. She worries about everything from the crack in the living wall to taking a bath.

Jackson, Ellen. *Sometimes bad things happen.* Millbrook, 2002. ISBN: 0761328106.

The author uses simple text to reassure young children who are feeling frightened by the negative and very scary conversations and newscasts that constantly swirl around them.

Little, Jean. *Jess was the brave one.* Viking Books, 1991. ISBN: 0670834955.

Claire is often in awe of her seemingly fearless younger sister Jess—who watches scary movies on TV without hiding her eyes, doesn't flinch when the doctor gives her a shot, and always climbs to the high branches in the backyard tree.

Muller, Kathy. Brave bear. Walker Publishing, 1999. ISBN: 0802787053.

A brave bear goes out on a limb to help a baby bird get back to its nest.

Mayer, Marcus. There's a nightmare in my closet. Dial Books for Young Readers, 1968. ISBN: 0803786824.

At bedtime, a boy confronts the nightmare in his closet, and finds him not so terrifying after all. Also by this author: There's something in my attic and There are monsters everywhere.

Stone, Jan. The monster at the end of this book. Golden Books, 1999, 1971. ISBN: 0307010856.

Generations of children have interacted with Grover as he begs the reader not to turn the page, as it gets him closer to the monster at the end of the book!

Wewersite Kids Staff. War? I'm scared! Wewersite Corporation. ISBN: 1576350578.

A book created for kids by kids about the terrorist attacks on September 11, 2001. Buddy, a dog that lives in New York City thinks he causes the World Trade Center to explode and crumble when he does something he knows he shouldn't have done. The reader is shown how this event makes Buddy feel and how he deals with it. Assures children that sometimes things are not their fault, that it's ok to be scared and ask questions, and that their parents will keep them safe.

BOOKS ON COPING WITH LOSS

Buscaglia, Leo. *The fall of Freddy the leaf: A story of life for all ages.* Holt, Rinehart, and Winston, 1983. ISBN: 0805010645.

A classic. As Freddy experiences the changing seasons along with his fellow leaves, he learns that death is a part of life.

Bylandt, Cynthia. *Cat Heaven.* Elm Sky Press, 1995. ISBN: 0590100548.

God created Cat Heaven, with fields of sweet grass where cats can play, there are kitty-toys for them to enjoy, and angels rub their noses and ears.

Thomas, Pat. *I miss you. A first look at death.* Barron's Educational, 2001. ISBN: 0764117645.

This reassuring picture book explores the difficult issue of death for young children.

Vicent, Judith. *The tenth good thing about Barney.* Aladdin Books, 1988. ISBN: 0689712030.

In an attempt to overcome his grief, a boy tries to think of the ten best things about his dead cat.

Wilhelm, Hans. *I'll always love you.* Crown, 1985. ISBN: 0517512656.

A child's sadness at the death of a beloved dog is tempered by the remembrance of saying to it every night, "I'll always love you".

BOOKS ON SEPARATION ANXIETY

Beag, Molly. *In my heart.* Little, Brown, and Company, 2005. ISBN: 0316796174.

Parents describe how their child is always in their hearts no matter where they are or what they are doing.

Berman, Linda. *The goodbye painting.* Plenum Publishing Corporation, 1983. ISBN: 0898850746.

Nick paints a special picture to express his feelings when his favorite babysitter moves to far-away California.

Carey, Dorothy. *You go away.* Albert Whitman Company, 1999 (second edition). ISBN: 0807594423.

Conveys everyday experiences of children briefly separated from their parents or caretakers and then reunited.

Carey, Elizabeth. *Mommy, don't go.* Parenting Press, 1996 (second edition). ISBN: 1884734219.

Illustrates the use of problem-solving skills, critical thinking, and conflict resolution through an example of mother-child separation.



Easton, Julia. *My military dad.* Dorrance Publishing Company, 2004. ISBN: 0805965343.

Using simple language, the author shows a child's experience saying goodbye to his father who has been called to serve his country.

Fowler, Susan. *I'll see you when the moon is full.* Greenwillow Books, 1994. ISBN: 068810830X.

A father prepares for a business trip and says goodbye to his son.

McCormick, Wendy. *Daddy, will you miss me?* Aladdin Books, 2002. ISBN: 1404633189.

A boy is saddened by his father's departure for a four-week business trip to Africa.

McElroy, Lisa. *Love, Lizzie: Letters to a military mom.* Albert Whitman and Company, 2005. ISBN: 0807541778.

Nine-year-old Lizzie writes to her mother, who is deployed overseas during wartime.

Pappas, Debra. *Mom, dad, come back soon.* Magination Press, 2002. ISBN: 1552967998.

While his parents are away for a few days, Tyler has fun staying with his best friend Cindy's family, even though he sometimes feels lonely or afraid.

Fallon, Mindy L. *When dad's at sea.* Albert Whitman and Company, 2004. ISBN: 0807563390.

Emily, whose father is a Navy pilot, has to deal with the separation of her family while her dad is deployed aboard a ship.

Penn, Audrey. The Kissing Hand. Child and Family Press, 1993. ISBN: 0870685855.

Chester Raccoon doesn't want to go to school, but mom shares the special secret that's been in the family for years—the Kissing Hand.

Soderman, Marty. The magic box: When parents can't be there to tuck you in. Magination Press, 2003. ISBN: 1557988072.

Casey and his father find a special way to share their love when his father has to go away on business.

Spartali-Robak, Angela. Uncle Sam's kids: When duty calls. Abingdon Books, 2002. ISBN: 0971451516.

Three children discover Daddy will leave on deployment. They learn fun ways to deal with separation anxiety and show they care while Dad is gone.

Tomp, Sarah Wanes. Red, white, and blue good-bye. Walker and Company, 2005. ISBN: 0802789617.

The young daughter of a Navy man does not want him to go to sea, but he points out the red flag on the mailbox, the white clouds in the sky, and the blue ocean that will remind her of him while he is away.

Temper, Ann. Will you come back for me? Albert Whitman and Company, 1992. ISBN: 0807591130.

Four-year-old Suki is worried about being left in day care for the first time until her mother reassures her that she loves her and will always return for her.

Woodson, Jacqueline. Coming on home soon. G.P. Putnam's Sons, 2004. ISBN: 0399237488.

After Mama takes a job in Chicago during World War II, Ada Ruth stays with Grandma.

Yolen, Jane. All these secrets of the world. Little, Brown, and Company, 1991. ISBN: 0316968919.

When four-year-old Janie's father goes off to war, the rest of the family moves to the grandparent's home on the Chesapeake Bay, where Janie learns a secret of the world which helps her understand her father's long absence.

Zolotor, Charlotte. If you listen. Running Press, 2002 (reissue). ISBN: 0762413352.

A mother reassures her little girl there is a way to know that someone far away loves you. "If I can't see him or hear him, or feel his hugs, how can I know he loves me when he isn't here?" a little girl asks her mother. This book was originally published in 1980.

BOOKS ON TOLERANCE

Mochizuki, Ken. Baseball saved us. Lee and Low Books, 1993. ISBN: 1880000016.

A Japanese-American boy learns to play baseball when he and his family are forced to live in an internment camp during World War II.

Palocco, Patricia. Mrs. Katz and Tush. Bantam Little Reader, 1992. ISBN: 0553081225.

A long-lasting friendship develops between Larnel, a young African-American, and Mrs. Katz, a lonely Jewish widow.

Sears, Dr. Horton hears a who! Random House, 1954. ISBN: 0394900782.

Horton the elephant goes to great trouble to protect some very small creatures who make their home on a speck of dust.

Swope, Sam. The Arabolies of Liberty Street. Sundurst Books, 1989. ISBN: 0374303908.

The kids of Liberty Street join forces to help the Arabolies when mean General Finch orders them to move because they look different.

BOOKS ABOUT ISLAM AND THE MIDDLE EAST

Aggarwal, Manju. *I am a Muslim.* Franklin Watts, 1985. ISBN: 053100200.

Expresses the religious beliefs and customs of a Muslim family living in England.

Chakraborty, Jessica. *I am Muslim.* PowerKids Press, 1996. ISBN: 0823923754.

Introduces the fundamentals of Islam through the eyes of a Muslim child living in Detroit.

Hoyt-Goldsmith, Diana. *Celebrating Ramadan.* Holiday House, 2001. ISBN: 0823415813.

A devout Islamic family is followed through the month of praying and fasting until the feast and celebration of Eid al-Fitr that ends Ramadan. The basic beliefs of Islam and the story of Muhammad are explained.

Demi. *Muhammad.* Margaret K. McElderry Books, 2003. ISBN: 0689852649.

An accessible introduction to the life of the prophet and the Islamic religion.

Ghani, Suhail Hamid. *Ramadan.* Holiday House, 1996. ISBN: 0823412547.

Describes the celebration of the month of Ramadan by an Islamic family and discusses the meaning and importance of this holiday in the Islamic religion.

Karvan, Rashid. *Id-ul-Fitr.* Raintree/Steck-Vaughn, 1997. ISBN: 0817246096.

Introduces some of the beliefs and customs of Muslims, particularly those connected with the Great Festival and Id-ul-Fitr.

Khan, Rukhsana. *Muslim child. Understanding Islam through stories and poems.* Albert Whitman, 2002. ISBN: 0807553077.

A collection of stories and poems about Muslim children from a variety of backgrounds, focusing on the celebration of holidays and practices of Islam.

Pezini, Catherine M. *What makes me a Muslim?* Kithara Press/Thames-Gale, 2005. ISBN: 0733722457.

This overview explains what Islam is, where it came from, and how it has spread over time.

Wood, Angela. *Muslim mosque.* Gareth Stevens Publishing, 2000. ISBN: 0836826094.

Step inside a Muslim mosque and learn about the basic beliefs and practices of the Islamic religion.

MISCELLANEOUS TITLES

Ballard, Robin. *My father is far away.* Greenwillow Books, 1992. ISBN: 0688109543.

While involved in various daily activities, a child imagines the actions of a much-missed father.

Berger, Terry. *I have feelings.* Human Sciences Press, 1979. ISBN: 087705441X.

Demonstrates that feelings such as guilt, fear, or confusion are common to everyone.

Borden, Louis. *America is...* Margaret K. McElderry Books, 2002. ISBN: 0689839006.

Poetic text and bold illustrations pay tribute to the United States.



Emmons, Joel. *A year without dad.* Ibsen Press, 2003. ISBN: 0974068314.

This book was written to be a comfort to any child who has a parent serving his or her country. Military separation can be a scary time for young children.

Bunting, Eve. *My red balloon.* Boyds Mill Press, 2005. ISBN: 1590782631.

A young boy waits with both excitement and apprehension for his father to disembark from the aircraft carrier returning to port after many months at sea.

Chaney, Lynn. *America: A patriotic primer.* Simon and Schuster, 2002. ISBN: 0689851928.

In this picture book introduction to the founding principles of our country, each letter stands for an idea or historical figure.

Demarest, Chris. *Alpha bravo charlie. The military alphabet.* Margaret K. McElderry Books, 2005. ISBN: 0689869282.

Complete with the signal flags that the U.S. Navy has created for each letter, the author offers a primer on the military phonetic alphabet that is also a timely tribute honoring all the men and women of the armed forces, past and present.

Dahl, Kathleen B. *Pilot, mom.* Charlesbridge Publishing, 2003. ISBN: 1570915555.

Jenny and her best friend K.C. accompany Jenny's mother, a tanker pilot in the Air Force, to the air base where they explore her plane, a KC-135, prior to her departure on a training mission to Europe.

Dupasquier, Phillips. *Dear daddy.* Puffin Books, 1988 (reprint edition). ISBN: 0140508228.

Daddy is a sailor on a year-long voyage. Sophie's letters reassure him that he is loved and missed, while describing for him the small events that make up a child's busy year.



Ferguson-Cohen, Michelle. *Daddy, you're my hero.* Little Redbird Girl Publishing, Inc., 2003. ISBN: 0977926402.

This book helps military and reservist's families speak with children about deployment. It addresses this issue from a child's perspective and talks about the separation in a simple manner to assure and comfort small children.

Hallowell, Kirsten. *Daddy is a soldier.* Trafford Publishing, 2004. ISBN: 14120128596.

In small format, a perfect book for anyone with toddlers who has parents deployed in the military.

Hillbrecht, Kirk and Sharon. *My daddy is a soldier.* New Canada Publishing Company. ISBN: 1889658014.

A child describes his daddy's job and what it is like to have a soldier for a father. Also by this author: *My daddy is a guardsman*, *My mommy is an airman*, *My daddy is an airman*, *My mommy is a guardsman*.

Holt, Syd. *Captain Cat.* Harper-Collins Publishing, 1994. ISBN: 0758710445.

A cat makes friends with a soldier and learns about military life when he joins the army.



Kappeler, Samantha. *15 reasons I love my dad.* SBC Publishing, 2002. ISBN: 0966684311.

A fill-in-the-blanks book that lets children tell their dad how much they love him. Great book to include in a box from home!

Keece, Stacie Ward. *I live at a military post.* PowerKids Press, 2000. ISBN: 0822954412.

A third-grader describes what it is like living with his family on Fort Belvoir in Fairfax, Va.

Malotas, Ann. *Military dad.* Gentry Man Press, 2002. ISBN: 0970841558.

Where does dad go and what does he do in the military? Why does his job sometimes take him away from the kids who love him?

Makinsley, Robin. *My father is in the Navy.* Greenwillow Publishing, 1992. ISBN: 0688106390.

When Sara hears that her father is coming home from the Navy, she is scarcely excited—she does not remember him.

Mead, Alice. *Soldier mom.* Yearling Books, 2001. ISBN: 1413148654.

A single mother is suddenly called up to serve in the Persian Gulf War.

Parr, Todd. The daddy book. Little, Brown, 2002. ISBN: 0316607991

Cheerful, eye-poppingly bright artwork and simple text depict all the wonderful things that different types of daddies do. Also by this author: The mommy book.

Ray, Deborah Rogan. My daddy was a soldier. Books, 1990. ISBN: 1590197550.

While Daddy's away fighting in the Pacific, Jeannie plants a Victory garden, collects scrap, and sends letters to her father as she anxiously awaits his return.

Ryan, Pam Munoz. The flag we love. Charlesbridge Publishers, 1995. ISBN: 0881068454.

This patriotic poem celebrates the flag of the United States, and includes historical footnotes about its origins and history.

Scillian, Devin. A is for America. Sleeping Bear Press, 2001. ISBN: 1585360155.

Tidbits of American history, geography, and pop culture appear in this alphabet book. Scillian is a Detroit news anchor.

Scillian, Devin. One nation: America by the numbers. Sleeping Bear Press, 2002. ISBN: 1585360485.

A counting book presenting various aspects of the United States, from the concept of one nation to the hundred men and women in the United States Senate.

Spier, Peter. The star-spangled banner. Doubleday and Company, 1973. ISBN: 0385094582.

Spier brings the words of the national anthem to life, from the battle that inspired Francis Scott Key's composition to modern day American monuments and marching bands.

Spinale, Eileen. While you are away. Hyperion Books for Children, 2004. ISBN: 0786809728.

Text and illustrations depict military families to create a reassuring book about separation and reunion.

Thomas, James. My dad is going away, but he will be back one day. A deployment story. Tricycle Publishing, 2004. ISBN: 1412034264.

This story helps military families explain to the young child who to communicate over the distance while the parent is deployed.

HELPFUL WEBSITES

<http://www.familyandhome.org/features/duty.html>

This article, originally appearing in the December 2001 issue of Welcome Home, presents various ways that people throughout the community can offer support to families with deployed servicemen and women. You'll find ideas on how to help out military kids through mentoring, driving them to sports practice, and simply enabling them to keep up their usual routines during these unsettling times. There are also suggestions on how to make the deployment easier for spouses as well, such as dropping in for visits, preparing meals and buying gift certificates for fun outings or even landscaping services to lighten the load at home. Readers will learn that everyone can help military families get through such challenging times.

http://www.wood.army.mil/mwr/deployment/about.htm#_Toc40650577

This guide has been prepared in order to help family members, parents and significant others become better prepared for the separations required by military soldiers. Under the Children's Issues section, you'll find advice on what can be done about relieving the stress of the family during the pre-separation period. There are tips on how to talk to children about the deployment before it happens, building an emotional bond, making plans for communicating, and visiting with teachers to talk about the upcoming separation so that they may be in a better position to be sensitive and encouraging. Signs of separation anxiety are described and suggestions are offered on how parents, educators and concerned adults should respond. This is a valuable resource for all families coping with deployment, as well as for those who wish to better understand the issues these families face.

<http://www.estripes.com/article.asp?section=104&article=12089&archive=true>

Stars and Stripes featured this article that examines how students and school staff at Department of Defense Schools abroad were reacting to impending deployments for Iraq. Educators share their strategies for addressing students' growing prejudice towards Muslims, organizing crisis management teams to respond to casualties, and offering students reassurance. Teachers, school counselors, and administrators can learn from these DOD schools so that they may become more supportive of students whose parents are deployed.

<http://www.asdk12.org/parents/involvement/deployment.pdf>

This booklet is intended to help educators build coping skills in their students' during and after a military deployment. Specific and practical guidelines for administrators, counselors, teachers, and other school employees are presented in order to identify age-related reactions and focus on appropriate intervention strategies. The booklet also covers important issues such as how deployments affect all students, recognizing when mental health referrals may be necessary, and the need for teachers to maintain objectivity regardless of their personal political beliefs. All schools should use this resource as a blueprint when developing their plans for supporting military children during deployments.

<http://www.hcoah4health.com/deployment/familymatters/emotionalcycle.htm>

This paper, written by military psychiatrists, examines the emotional cycle of deployment experienced by family members at home. The five distinct stages identified include pre-deployment, deployment, sustainment, re-deployment, and post-deployment. Negative behaviors and moods of children during various ages are described along with specific remedies for them. Parents and mental health professionals will benefit from reviewing this website developed by the U.S. Army of the Surgeon General, the U.S. Army Center for Health Promotion and Preventative Medicine, the Army National Guard, and the Office of the Chief, Army Reserve.

<http://www.rockland.k12.tx.us/District/Literature/Deployment%20for%20web.pdf>

The Military Child Education Coalition developed this booklet to offer advice on how parents can remain actively involved in their children's education throughout the various stages of deployment. Parents will find ideas such as getting their children's contact information before leaving and using email to help with homework. The booklet also includes ideas for teachers to help support involvement, such as creating a special webpage for deployed parents featuring pictures of school events and homework assignments.

http://www.mtro-dodgsl.org/Enduring_Freedom/pdfs/working_with_military_children.pdf

This booklet is designed to educate, support and affirm the efforts of all school personnel working to support children of deployed military service members. It focuses on four major aspects of military lifestyle: separations or deployments, homecomings, relocation, and crises. In addition to detailed information on each topic, there are also activity ideas that teachers and counselors can use with individuals or groups of elementary school-age children. As the booklet was designed by the Virginia Joint Military Family Services Board, it offers enormous insight into the issues facing military families and expert advice for schools on how they can play a crucial role in the lives of military children. (Please note that this document may take a while to load -- but it's worth the wait!)

http://www.usraarmy.hawaii.com/Deployment_schools_inst.htm

Homepage of the United States Army CYS (Child and Youth Services) Youth Education Support Services. It provides schools with a primary point of contact for military-related information and resources and establishes support systems and processes to address transition and other educational issues that affect military children. It also provides information and referral services, training and materials to local school personnel who work with military children. Many resources are provided in PDF format.

<http://www.25idl.army.mil/deployment/ACIS/childdep.pdf>

A PDF file of a pamphlet done by the Fleet and Family Support Centers of Hampton Roads, Virginia. Gives concerns, ideas, and suggestions for helping a child through this difficult time, no matter what their age.

<http://www.singlefamilies.org/advocacy/activities.htm>

From the Singlefamily Association of America, this site gives advice for stepparents when their spouse is being deployed. Also gives a link to a Family Member Pre-Deployment Checklist, which is designed for all families, and includes record-keeping questions related to medical care, finances, etc.

http://www.operationhomefront.org/info/info_deploy.shtml

Homepage of Operation Home Front's information library. This site has a list of websites and organizations that offer items to troops and their families, links to deployment documents, "how to" pages, links to fun stuff for kids, law and legislation links, history on military tradition, and links to the various branches to military and related organizations.

<http://www.litlines.navy.mil/>

A deployment site specifically for with answers for sailors, Marines, and their families.