

Over There

(Cut along dashed line)

(Place your family photo here)

By the _____ family
(write in your family name)



ZERO TO THREE gratefully acknowledges the Iraq Afghanistan Deployment Impact Fund administered by the California Community Foundation for its support of the Coming Together Around Military Families project and the McCormick Tribune Foundation for making the original edition of this book possible.

A message to families and caregivers from ZERO TO THREE—

Military separations are hard on everyone. Deployment can be especially difficult for **you** as you balance the needs of your family with your own needs, feelings, and daily stresses. We hope that you are finding some time, every day, to take care of yourself and “refuel” by talking with others, getting the support you deserve, and engaging in activities that make **you** feel healthy, calm, and energized.

You are already doing so much to support your young child during this challenging time. Just by creating and reading this book you are showing how much you care about understanding and comforting him. ZERO TO THREE has developed this book to help you find the words to reassure your child that mommy or daddy is out there, thinking about and loving him from far away.

Here are some tips to help you get the most out of this book:

- Use it as an opportunity to talk and share memories with your child about his deployed parent. By sharing memories, you help keep the deployed parent a part of your child’s world.
- Share the comforting messages offered in the book throughout the day, reminding your child that the deployed parent loves and thinks about him every day.
- Follow your child’s lead. You know your child best and can tell whether he’s “in the mood” for this story. Maybe he wants to sit down and think about the deployed parent, or maybe he just wants to run around and play. Perhaps your child may not be so interested in the words but enjoy carrying the book around, “holding onto” the parent in his own way. Think of this book as a tool that can be used in many different ways. It’s not a “must do”; rather, a “can do,” based on what your child is telling you about his needs at that particular moment in time.
- Tune in to your own feelings as you read this book. Is it reassuring for you? Do you feel anxious or sad talking about the separation? There are no right or wrong feelings. If you are upset or concerned, it can be very helpful to talk to someone, whether a friend, family member, or counselor. Deployment can be easier when you get the support you need.

For more information on supporting yourself and your young child during a deployment, please go to www.zerotothree.org/military.

(Cut along dashed line)

(Place your photo or drawing here)

**My daddy is away.
And I miss him.**

(Place your photo or drawing here)

(Cut along dashed line)

(Place your photo or drawing here)

He is not here right now.

He is there.

(Place your photo or drawing here)

(Cut along dashed line)

(Place your photo or drawing here)

I do the same things here...

that he does there.

(Place your photo or drawing here)

I brush my teeth here.

(Cut along dashed line)

(Place your photo or drawing here)

He brushes his teeth there.

(Place your photo or drawing here)

(Cut along dashed line)

(Place your photo or drawing here)

I play here.

He plays there.

(Place your photo or drawing here)

I read books here.

(Cut along dashed line)

(Place your photo or drawing here)

He reads books there.

(Place your photo or drawing here)

(Cut along dashed line)

(Place your photo or drawing here)

I eat lunch here.

He eats lunch there.

(Place your photo or drawing here)

(Cut along dashed line)

(Place your photo or drawing here)

I go to bed here.

He goes to bed there.

(Place your photo or drawing here)

**I have family and friends who take
care of me here.**

(Cut along dashed line)

(Place your photo or drawing here)

**My daddy has friends who help
take care of him there.**

(Place your photo or drawing here)

(Cut along dashed line)

(Place your photo or drawing here)

I think about my daddy here.

My daddy thinks about me there.

(Place your photo or drawing here)

**My daddy would like to be here
with me.**

(Cut along dashed line)

(Place your photo or drawing here)

**But he has very important work he
must do there.**

(Place your photo or drawing here)

**Sometimes I feel sad, or even mad...
because my daddy's not here.**

(Cut along dashed line)

(Place your photo or drawing here)

It's ok to feel that way.

(Place your photo or drawing here)

(Cut along dashed line)

(Place your photo or drawing here)

I like to look up at the moon here.

**I feel happy that my daddy looks
up at the same moon there.**

(Place your photo or drawing here)

I love my daddy.

(Cut along dashed line)

(Place your photo or drawing here)

**My daddy loves me here, there,
and everywhere.**

(Place your photo or drawing here)

(Cut along dashed line)

(Place your photo or drawing here)

My daddy is away and I miss him.

But he's always here in my heart.