

# Over There

(Place your family photo here)

By the \_\_\_\_\_ family  
(write in your family name)



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Dear Parent,

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 picking up 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 children that mommy or daddy is out there, thinking about and loving them 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 everyday.
- 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. Some children 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,” but 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 it’s 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](http://www.zerotothree.org/military).

(Cut along dashed line)

**My mommy is away.  
And I miss her.**

**She is not here right now.**

(Cut along dashed line)

**She is there.**

(Cut along dashed line)

**I do the same things here.**

**That she does there.**

**I brush my teeth here.**

(Cut along dashed line)

**She brushes her teeth there.**

**I play here.**

10

(Cut along dashed line)

**She plays there.**

11

**I read books here.**

(Cut along dashed line)

**She reads books there.**

**I eat lunch here.**

(Cut along dashed line)

**She eats lunch there.**

**I go to bed here.**

(Cut along dashed line)

**She goes to bed there.**

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

(Cut along dashed line)

**My mommy has friends who help  
take care of her there.**

**I think about my mommy here.**

(Cut along dashed line)

**My mommy thinks about me there.**

(Cut along dashed line)

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

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

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

(Cut along dashed line)

**It's ok to feel that way.**

(Cut along dashed line)

**I like to look up at the moon here.**

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

**I love my mommy.**

(Cut along dashed line)

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

**My mommy is away and I miss her.**

(Cut along dashed line)

**But she's always here in my heart.**

(Cut along dashed line)