

Family Scrapbook

Description:

A Family Scrapbook or Album allows your family to address missed developmental moments during the deployment period. Work together as a family on the album or scrapbook and include pictures of events or accomplishments in the child(ren)'s lives that occurred when the deployed parent was away. This can be an ongoing project that your family works on over a number of weeks. This is an opportunity for your family to engage in a cooperative project that opens communication, sharing, and family closeness.

Supplies:

The Scrapbook can be an official photo album from an art supply store, office supply store, or drugstore. Many craft supply stores also have entire scrapbook aisles filled with various creative options. Your family should choose what works best for you. Photos, glue, scissors, markers, magazine pictures, stickers, pens, and other creative supplies can be used to create your scrapbook.

Directions:

The Scrapbook can be added to over days and weeks, as family members recall important events that the deployed parent missed. If you do not have a photo of the event, it can be represented with drawings, written description, or magazine collage. The Scrapbook will tell the story of what was happening at home while the deployed parent was gone and allow the child(ren) to share events that they feel are important.

