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| tank and woman soldier | My Mom is a soldier. She has a very important job. |
| house and airplane | Sometimes doing her job means she has to go away from home. |
| calendar | Sometimes she is gone for a few days. Sometimes she is gone for months. |
| sad face and thought bubble with picture of woman soldier | I miss her when she is gone. |
| sad face | Sometimes I get sad when Mom has to leave. That is OK. |
| fingers positioned in "okay" position | Mom is sad to leave me too. It is OK to be sad. |
| angry face | Sometimes I get angry when Mom goes away because I want her to play with me. |
| hand holding pencil and writing a letter  | That is OK. When I get angry or sad, I can try to write Mom a letter or draw her a picture. |
| Happy face and thought bubble with picture of woman soldier and house | That will help me remember Mom and feel like she is closer to home. |
| picture of person feeling good, smile on face | That will make me feel better. |
| happy face with thought bubble of red heart | I know Mom loves me even when she’s not here. |
| Dad and picture of red heart | I know Dad loves me too. |
| picture of person standing tall and hands on hips | I will try to be brave when Mom is not here. |
| house, dad, woman soldier and me | I will look forward to Mom coming home. |