

## Communication Plan

Handout available for download on the [YRRP website](http://www.yellowribbon.mil/cms/event-handout) at: [www.yellowribbon.mil/cms/event-handout](http://www.yellowribbon.mil/cms/event-handout)

1	<b>Names →</b>	<i>John</i>		
2	Challenge(s)	<i>Staying in touch often enough to help him manage his stress level at home with the kids</i>		
3	Goal(s)	<i>To communicate as much as possible with him so he can keep everyone else informed</i>		
4	Rules/ Limits	<i>1. Do not talk about dangerous situations related to my deployment</i>  <i>2. Do not ask him about his work because this only stresses him more</i>		

Names →		John		
5	Method(s) & Frequency	<p>1. Email 1x per week and when he needs an answer to something</p> <p>2. Phone home when I can (no set schedule)</p>		
6	Topics	<p>1. Updates about myself I would like him to know or for him to pass along</p> <p>2. How the kids are doing, especially in school</p> <p>3. Extended family occurrences</p>		
7	Back-up Plan(s)	<p>(if phone and email are down)</p> <p>1. Send letter 1x per week</p>		
8	Plan for Handling Communication Problems	<p>Discuss miscommunications and perceived issues as soon as possible</p>		