

Slide 1: Family Communication Around Household Roles and Responsibilities

Slide 2: Objectives

- Identify the challenges of reintegration according to the perspectives of the Service member and individual family members.
- Identify tips for renegotiating household roles and responsibilities.
- Identify communication strategies for overcoming roadblocks during renegotiation of household roles and responsibilities.
- Develop a plan for renegotiating household roles and responsibilities.

Slide 3: Household Reintegration Challenges

- Now that your Service member is home, what kinds of challenges do you anticipate as you look at household roles and responsibilities?
- What concerns do you think other family members may have?

Slide 4: Service Member

- May face major life decisions following deployment
- May feel left out or not needed
- May have difficulty adjusting to responsibilities at home
- May miss structure and camaraderie of military service

Slide 5: Family Members

- May have a newfound independence
- May be upset about burdens placed on them during deployment

Slide 6: The New Normal

- Challenges may be minimized by doing the following things throughout deployment:
 - Anticipating challenges
 - Communicating challenges
 - Dealing with challenges
- Plans should be flexible (if needed) but provide enough guidance to help all family members

Slide 7: Tips for Managing Household Chores

- Consider the perspectives of everyone involved
- Share likes and dislikes about current roles
- Maximize everyone's positive feelings

Slide 8: The Duncan Family

Let's follow a military family, the Duncan family, and examine their strategies around renegotiating household roles and responsibilities.

Slide 9: Household Roles and Responsibilities

- List each household task
- Fill in the following questions:
 - Before Deployment: Who did it?
 - During Deployment: Who does it now?
 - After Deployment: What would be ideal?
- Indicate with a (+) sign if having that person do this task is positive
- Indicate with a (-) sign if having that person do this task is negative

Slide 10: Strategy for Overcoming Roadblocks

- Get input from other family members – Do they see the problem the same way?
- Discuss alternatives – What could be done differently?
- Decide on a plan – What is the best option for dealing with the problem?
- Check in with everyone – Did this work? If not, could we try something else?

Slide 11: Finances

- What changes to finances might occur during deployment?
- Discuss any changes with the deployed family member prior to his or her return (if possible)

Slide 12: The Duncan Family: Job Options

- Before deployment, Clara worked 20 hours per week
- When Ted was deployed, Clara did not work
- Ted's hazardous duty pay made the income from Clara's job less necessary
- Should Clara return to work?
- What factors should Ted and Clara consider as they make this decision?

Slide 13: Review of Objectives

- Identify the challenges of reintegration according to the perspectives of the Service member and individual family members.
- Identify tips for renegotiating household roles and responsibilities.
- Identify communication strategies for overcoming roadblocks during renegotiation of household roles and responsibilities.
- Develop a plan for renegotiating household roles and responsibilities.

Slide 14: Family Communication Around Household Roles and Responsibilities