Family Communication Around Household Roles and Responsibilities (Slide 1)

- The post deployment challenge is to find a new balance and to recognize that achieving that balance may require negotiation
- *Family* is used to describe situations in which a Service member is living with one or more individuals and not necessarily with a romantic partner or biologically related group of individuals
- You do not have to be living with a romantic partner and/or biologically related individuals to benefit from this class
- *Family* will be used to describe all individuals with whom you share household responsibilities

Objectives (Slide 2)

- 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

Household Reintegration Challenges (Slide 3)

- **Exercise 1**: What are the Reintegration Challenges with Household Roles and Responsibilities?
- What kinds of challenges do you anticipate or are you dealing with presently as you consider household roles and responsibilities?

The New Normal (Slide 6)

- Discussing changes or renegotiating the division of tasks and responsibilities may help the Service member weave back into the household routine
- The importance of navigating anticipated challenges, communicating about the challenges, and making plans to address them
- Plans should be flexible but should provide enough guidance at the same time

Tips for Managing Household Chores (Slide 7)

- Roles and responsibilities should be revamped in a way that maximizes everyone's positive feelings
- While a list of considerations may seem simple, it may be difficult to reach an agreement

Household Roles and Responsibilities (Slide 9)

- **Exercise 2**: Household Roles and Responsibilities Worksheet
- **Handout 1**: Household Roles and Responsibilities Worksheet
- Everyone's experience is different, but common elements may exist

Strategy for Overcoming Roadblocks (Slide 10)

- When you start renegotiating changes, you may encounter some roadblocks in getting agreement from everyone
- Get input from family members
- Discuss alternatives
- Decide on a plan
- Decide how long you will try this option
- At the end of the time, check with everyone – did this work?

Finances (Slide 11)

- Write down a list of changes
- List the pros and cons of each change
- Discuss list before the deployed family member returns, if possible

The Duncan Family: Job Options (Slide 12)

- Sometimes issues with household roles and responsibilities can be exacerbated by other, more serious problems
- If you or a family member is having trouble coping with adjustment beyond the bounds of what may be expected, seek help

Review of Objectives (Slide 13)

- What are some of the challenges of reintegration according to the Service member and individual family members' perspectives?
- What are some tips for negotiating household roles and responsibilities?
- What is the communication strategy for overcoming roadblocks?