

Deployment Communication Plan

Topic	Example	Personalized Plan
Challenge(s)	Staying in touch often enough to manage stress levels and feel connected to family, children, and daily life happenings.	
Goal(s)	Keeping what limited communication we have on positive topics.	
Rules / Limits	Avoid discussion of dangerous deployment situations. Avoid complaining about children.	

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Methods & Back Up Plan	<p>Send a detailed email of happenings to family and close friends 1x per week.</p> <p>Call a designated person to update, and they will send an update to family.</p>	
Topics	<p>Daily Life Updates</p> <p>How children are doing in sports or school.</p>	
Plan for Handling Problems	<p>Discuss miscommunications and perceived issues as soon as possible with each other- avoid seeking condolence outside of our relationship.</p>	