



# The Military Father: A Hands-on Guide for Deployed Dads (New Father Series)

*Armin A. Brott*

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Unfortunately, there are very few resources for military (and deployed civilian) fathers, who are looking for guidance on how to be in close touch with their families backhome. *The Military Father*, written by the country's leading authority on fathers and families, will fill that gap, providing deployed dads with everything they need to stay (or become) involved with and connected to their family regardless of the distance that separates them.

Part I of this essential sourcebook covers pre-deployment and explores the profound effect a dad's absence will have on his spouse, his children, and himself. It also provides extensive pre-deployment checklists and detailed tips aimed at preparing the dad and his family for separation and long-distance communication. Part II, *During Deployment*, explains how to stay involved and connected when you're far away, and includes specific strategies and activities designed to help dads and their family remain close across time and distance. Part III, *Coming Home*, offers advice on post-deployment times from preparing to come home and surmounting the challenges of returning to military or civilian life. In addition, the book includes a chapter on how dads can support a spouse when she's the one being deployed, and a comprehensive listing of resources available to soldiers and their families.

Flavored with the author's trademark wit, warmth, and intelligence, this guide combines a wealth of knowledge from experts, scientific studies, and interviews with scores of military fathers and their families. *The Military Father* includes cartoons that complement the text, solicited from deployed military or civilian fathers and family members, ranging from those on active duty to veterans.

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