



# Homefront Hero Hugs

## Adopt a Military Family Application



Please complete the following application to participate in the Homefront Hero Adopt a Military Family program. Please attach a paragraph describing why you wish to adopt a family. On behalf of the heroes and their families, we thank you.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### What does adopting a family of a deployed hero mean?

Adopting a family means recognizing that they too are heroes- the silent ones...and your job will be to keep their spirits high while their loved one is deployed....or at least make the time go faster. This is an important job and in some ways this is the best gift you can give any soldier who has to concentrate on his mission and cannot always be there when needed even emotionally.

**Required:** One care package minimum a month of stress relief goodies and lots of email and cards - maybe even phone calls if the family is comfortable with this and you build a rapport... Usually this assignment is shared with another volunteer family... so the privilege and responsibility is not all on one volunteer!

### Supporting the Family Unit During Deployment

1. Be a good listener
2. Offer empathy not sympathy and always end your communication with a thank you to our silent heroes....including the children!
3. Check out posted deployment issues or email me with issues not addressed as I may be able to help as a past family therapist - now just a Mom- and one who knows what deployments are like...
4. Listen for crisis and make sure your families have emergency numbers on hand
5. Ask about the children and have kids in your life communicate with theirs (without giving away address or personal info)
6. Give your family space too- let them get slowly comfortable with you as they signed up for support but not intrusion into their life...respect PRIVACY.
7. Have fun- share humor and talk about your life too
8. Make a six month commitment to the family.

### Gift Package Ideas

- Gift certificates to hair salons or restaurants (many places may donate if you contact the ones in your family's hometown as a registered volunteer!)
- Stickers, stationery, pens, and cards to write loved ones
- Children's books
- Magazine subscriptions
- Bubble bath or candles
- Cozy slippers or socks
- Gift cards to local stores
- Flowers/plants
- Stuffed animals
- Guardian angel pins and medallions on necklaces (my son has one from us which he never takes off and feels it keeps him safe even when I am not there)
- Calendars to mark off the days
- Toys for the kids
- CDs or DVDs

Freedom  
Endures