

BOOTCAMP FOR PARENTS AND FAMILIES

As you send your child off to Bootcamp, here are some helpful tips to remember:

Write Often

Whether you use the Sandboxx app, or traditional mail, write often! Include pictures, and most importantly, **ALWAYS BE POSITIVE AND ENCOURAGING**. Even if you are not getting regular letters in return, keep sending them. They are only able to write in their free time, which can be very limited, and they may catch up on much needed rest, study for upcoming drills and tests, etc. Do not decorate the envelopes. The less attention, the better.

Stay Positive on Phone Calls

Depending on the branch of service your child has selected, your child may have the opportunity to call or text you. Use these communications to build your child up, no matter whether they are in a positive or negative space. As the same as in your letters, tell them how proud you are, how much you believe in them, and that you know they will be successful. Its important for them to hear you say it. Remember that **NO NEWS IS GOOD NEWS!** If you haven't heard from your child, that means everything is ok and they will contact you when they are able to.

No Bad News while at Bootcamp!

These kids will be focusing hard on their training and do not need added stress of issues at home. If you have a serious family emergency, or death in the family, use Red Cross to notify your child. They will make sure your child is prepared and it is the appropriate time for them to receive such news.

This information is for the entire time of their enlistment, not just during Bootcamp.

Red Cross Emergency Communications Services - 1-800-272-7337

www.redcross.org/get-help/military-families/emergency-communication

NO Care Packages!

While you may want to let your child know you miss them by sending them their favorite cookies/snacks. **DON'T DO IT!**

This will put unwanted attention on your child by their Drill Instructor and potentially cause extra workouts, unwanted attention, etc. They will have access to any and all supplies they will need and will have access to their earnings to purchase be able to pay for them. You will have plenty of time after bootcamp to send them goodies, and remember, Blue Star Moms sends out care packages to our troops!



Keep in mind that each branch's Bootcamp is unique. They each have their own timelines and rules regarding communication. Familiarize yourself with information from legitimate social media pages and connect with other parents who have experience.

Western Slope Blue Star Mothers is a great resource with Moms from all branches. If you have questions, or would like to speak with fellow parent who has traveled this journey, please visit our website and fill out the contact form. We will connect you with a parent who has a child in the same branch. We would love to welcome you to become a member of our chapter and give you the opportunity to connect with other Blue Star Mothers!