



**My Dad is In the Army!**



**The Autism Program**  
AT BOSTON MEDICAL CENTER



Hi! My dad is in the army!



Usually, I feel very special to have my dad in the army, and I feel happy to know all the hard work he is doing!

But sometimes when he is away for training, I miss him very much! This can make me feel sad or angry!



How do you feel when you are missing your dad?

It can be hard when I am missing my dad, but my mom showed me lots of different ways that I can remember him, and feel happy!



Sometimes when I am missing my dad, I try to do these things to make me feel better:

I can...

Write my dad a letter or make him a card!

Draw him a picture that mom can help me send to him!

Look at pictures of him!

Play with my toy soldiers!



Write a list of things I want to do with dad when I see him again!

Draw a calendar with mom and check off all the days until I will see dad again!

Ask for a hug, or special time with mom!

What other things would you like to try when you are missing your dad?

Sometimes I pretend that I am a big and strong soldier just like my dad, and I practice my push-ups and sit-ups!



How many push-ups can you do?

Your dad is going to be so proud when he sees how big and strong you are getting!



It is okay to miss your dad when he is away, but there is lots of different ways to remember him and feel happy!



My mom was so proud to see what a big kid I was,  
and your mom will too!

Paste a picture, or draw a picture of you and your dad inside this box!

Me and My Dad!

