

2.2.4 Top Tips from children to their peers

Advice for other military children from pupils at a range of primary and secondary schools across Hampshire at the University of Winchester’s Creative Forces experience days 2014-2015

- Remember that other people are suffering the same
- Talk to somebody who knows what you’re going through
- Write to your deployed parent
- Talk to teachers
- Talk to family
- Make friends who have the same problems as you
- Go to events specially made for military children like this one so you can write about what your thoughts are
- Try and socialise with other people from other schools
- Teamwork
- Familiar faces
- Keep a memory book
- Interact more with others in the same situation
- Write to friends from your old school
- Talk to people about it!

