

Learning to readjust to parenthood

Melissa: I had three small children at home and they were 18 months older when I got home. So, there was definitely an issue with me having not been a parent for 18 months to go back to trying to be a parent to little children who now are older. I mean, they were 18 months, 3 and 4 when I left and then I was gone for 18 months. So, discipline techniques, what they verbalized, the way they acted was completely different then when I left.

When you're deployed you're not constantly waiting on somebody else. When I got home my children needed constant waiting on. So, I mean, there was frustration that they weren't capable of taking care of themselves because soldiers around me had been capable of taking care of themselves.



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