

When dad's gone—everything is still ok

Even though Dad's gone on deployment, everything is going to be okay
Even though Dad's gone for 6 months, everything is going to be okay
Even though Dad is gone, I know I'm going to be okay

The best part about Dad being gone is the webcam
We get to see him and talk to him on the computer screen, which is so cool
He e-mails home at least once a day and sometimes sends special messages just for me
Dad phones home sometimes too
Though sometimes his voice takes a while to answer—some kind of time delay he says
He's in a different time zone which is really strange
When it's morning here, it's night for him
We're putting together a package with things and goodies he is going to Love.

I want to be over all these feelings that dad's gone and everything is okay

Sometimes when I see Dad or hear his voice, it makes me want to cry
I don't know why, I kinda feel happy and sad at the same time
It's can be hard to talk to him because everyone wants to talk at once
In a way it feels kinda strange to see him and hear his voice
But I'm glad I get to talk to him, even if it does make me want to cry
We decided to be pen pals and write each other letters
It takes a long time to get a letter, but it's exciting when it comes in the mail
Dad always writes at least one joke that I find funny

I want to be completely, 100% over all these feelings that Dad's gone and everything is okay

I'm learning lots while Dad is gone
By the time he comes back I'll know new songs on my guitar
I'm practicing a special song just for him
My sister is learning to count to ten in Spanish
We send him pictures and some of our school work
Mom even videotaped my hockey game and he was able to watch it
I'm glad he can see all that we're doing while he's gone
He always tells us how proud he is of us

Somehow I want to be completely, 100% over all these feelings that Dad's on deployment and everything's okay

A lot of kids at school are going through the same thing we are
My best friend's Mom is on deployment too
I'm glad I have someone to talk to about it
It's important for me to talk about what I'm feeling, and to tap on my feelings too
Deployments are hard for everyone
It's hard on me, It's hard on Mom and my sister, it's hard on Dad too
We're all doing our best, and Talking about it helps the most,
And this tapping thing.