

When Dad's gone—Mom is stressed

Even though Mom is more stressed when Dad is gone, I'm still an awesome kid
Even though Mom says she feels stressed when Dad's deployed, I know I'm an awesome kid
Even though Mom is more tired and cranky when Dad's deployed, I know that she still loves me, and I'm an awesome kid

Mom is keeps saying she feels tired and stressed
She gets cranky at us for no reason sometimes
She doesn't let us have as much fun as we used to
She makes us do more chores
At least when Dad's home I have more time to play
I wish mom would let us play more
I wish she wouldn't get cranky at us
I guess she misses Dad too

I want to be over all these feelings that Mom is more stressed and cranky

Mom is definitely more cranky than usual
She acts different
She tells us she's tired
She says she always has to do everything
But to me it doesn't seem like much more than before
She always does lots, and I don't really know why its different now
I just don't want her to be cranky with me
It makes me feel bad

I want to be completely, 100% over all these feelings that Mom is more cranky at me

When Dad is on deployment we see the babysitter more often
Because Dad is not around to watch us when Mom goes to her exercise class
I like the babysitter, she's really nice
But I don't like when Mom says she needs to take some time for herself
That kind of hurts my feelings
It doesn't feel good that Mom needs a break from us
Maybe what she really means is that she just needs a break from doing all the Mom and Dad stuff
I know that Mom loves us even when she takes tome for herself

Somehow I will be completely, 100% over all these feelings that Mom is cranky and stressed

I don't like it when Mom is stressed, she seems like a different Mom
When Mom feels upset, I feel upset too
I don't want Mom to be upset
I don't want her to be cranky with me, because it doesn't feel good
I think that she misses Dad just like I do
And I know she loves me even when she's cranky
I love Mom too even when my feelings are hurt
We love each other, even though we both get cranky sometimes