

## 22 Ways to Welcome a Military Family



“

The one thing I wish local community members understood about my family is that we face unique challenges and sometimes struggle. We need friends and community. We need and appreciate help.

— Military Family Member

”

### If you know a military family:

- Write a [welcome letter](#) with your top local picks and your contact information.
- Assemble a themed new neighbor welcome box: garden basket with potted plants and seeds/bulbs, kitchen essentials, pet treats, kids activities, local gourmet items. Package with a [custom gift tag](#).
- Perform seasonal chores: cut the grass, weed the flower beds, rake the leaves, shovel snow from the driveway, hang holiday lights.
- Share a meal: invite them over, order take-out, bake a casserole to freeze.
- Give the spouse a break: invite the kids for a playdate, invite the adult out for grown-up only time, organize a sitter.
- Welcome them to your holiday celebrations or offer a distraction during holiday seasons—these times can be particularly hard.
- Surprise them with a cup of coffee and a kind word.
- Provide backup on a sick day.
- Pet sit: offer to watch or care for the family pet while the family is away.
- Help with vehicle or home maintenance.
- Phone, text, or send a handwritten note for no reason other than you care.

**Or even if you don't know a military family:**

- Hire a military spouse or provide networking connections.
- Share your expertise and [mentor](#) a military spouse.
- Offer free or discounted services to military families.
- Volunteer at a local military-impacted school.
- [Donate](#) to military family organizations – even just \$5 a month makes a difference!
- [Educate](#) yourself on the challenges facing military families.
- Amplify our message. Call your local representatives and let them know that taking care of military families is important to you and your community.
- Contact your closest military installation and learn about volunteer opportunities.
- Donate items for service member care packages or a unit holiday party.
- Tell five friends to [join](#) Blue Star Families!

