

# FORCES LIFE GLOSSARY



Babies, children, and young people from armed forces families in Scotland demonstrate unique strengths while facing distinct challenges including deployments and frequent moves. This glossary defines essential terms related to armed forces family life and the experiences of armed forces babies, children, and young people.

TERM	DEFINITION
<p><b>Babies, children, and young people from armed forces families.</b></p>	<p>A baby, child or young person is from an armed forces family if one or both their parents have served in the armed forces, regular or reserve, in the first 25 years of that young person’s life. Often referred to as “service children” or “forces children”</p>
<p><b>Babies, children, and young people from veteran families.</b></p>	<p>A baby, child or young person is in a veteran family if one of both their parents have served in the armed forces for at least one day. This includes regular and reserve forces.</p>
<p><b>Deployment</b></p>	<p>Deployment is when a service person is posted away from home on an operation or long-term training. This is often overseas but not always.</p>
<p><b>Deployment Cycle</b></p>	<p>The Deployment Cycle is the emotional journey a family goes through as they experience a series of transitions before, during and post-deployment.</p>

<p><b>Forces Children’s Rights Charter</b></p>	<p>A list of provisions co-produced by children and young people, aligned with the United Nations Convention of the Rights of the Child, to address the unique needs and challenges experienced as part of an armed forces family.</p>
<p><b>Mobility</b></p>	<p>Mobility refers to the whole family unit moving around the UK or abroad.</p>
<p><b>Non-serving spouse/partner</b></p>	<p>A non-serving spouse/partner is a partner who is in a relationship with a member of the armed forces. They may live together or separately due to different postings.</p>
<p><b>Reintegration</b></p>	<p>The process of family members readjusting to being together after deployment separation. This can be challenging as everyone has changed during the time apart and must rebuild relationships and routines.</p>
<p><b>Relocation (or posting)</b></p>	<p>A relocation or posting is when a member of the armed forces is assigned to a new location to do their job. This may mean being posted to another base within the UK or abroad.</p>
<p><b>Serving parent/personnel</b></p>	<p>A serving parent is the parent that is in the armed forces, regular or reserves. This can be Army, Royal Navy, or Royal Air Force.</p>
<p><b>Transitions (can often vary in meaning)</b></p>	<p>When we talk about transitions, we are talking about the whole family moving from one place to another. Transitions can involve moving home and moving to a new school.</p>
<p><b>Tri-Service</b></p>	<p>Tri-Service refers to the three areas of the armed forces. This includes the Army, Royal Navy, and Royal Air Force</p>

## **Weekending**

Weekending is when a serving parent works away from the family home during the week but then returns at the weekends.

[www.forceschildrenscotland.org.uk](http://www.forceschildrenscotland.org.uk)

The Royal Caledonian Education Trust (known as Forces Children Scotland) is a Scottish Charity, SC038722.

[www.earlyyearsscotland.org.uk](http://www.earlyyearsscotland.org.uk)



 **THE ARMED FORCES  
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