



# HOW TO HELP MILITARY FAMILIES

BECOME A BLUE STAR NEIGHBOR



Blue Star Neighbors are the individuals, business owners, and organizations who help create a network of support for military families. From small acts of service to community celebrations, Blue Star Neighbors support military families every day!

## 20 WAYS TO BE A BLUE STAR NEIGHBOR

### If you know a military family:

- 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 season - these times can be particularly hard.
- Surprise with a cup of coffee and a kind word.
- Provide back-up 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 call, text, or send a handwritten note for no reason other than you care.
- Be a listening ear and an open heart!

### Or even if you don't:

- Hire a military spouse.
- Offer free or discounted services to military families.
- Share your expertise and [mentor](#) a military spouse.
- 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 5 friends to [join](#) Blue Star Families!



BLUE STAR  
FAMILIES

TELL US WHAT BEING A BLUE STAR NEIGHBOR  
MEANS TO YOU AT [BLUESTARFAM.ORG/STORIES](https://bluestarfam.org/stories)