

I.S.S PARENTS GUIDE

I.S.S PARENTS GUIDE OFFERS A COMPREHENSIVE OVERVIEW FOR PARENTS NAVIGATING THE OFTEN COMPLEX WORLD OF IN-SCHOOL SUSPENSION (ISS). THIS GUIDE AIMS TO CLARIFY WHAT ISS ENTAILS, WHY SCHOOLS USE IT, AND HOW PARENTS CAN SUPPORT THEIR CHILDREN DURING THIS DISCIPLINARY PROCESS. UNDERSTANDING THE ROLE OF ISS IN SCHOOL DISCIPLINE HELPS PARENTS ADVOCATE EFFECTIVELY FOR THEIR CHILD'S ACADEMIC AND BEHAVIORAL SUCCESS. THIS ARTICLE DELVES INTO THE PURPOSE, PROCEDURES, AND BEST PRACTICES RELATED TO ISS, OFFERING VALUABLE INSIGHTS TO ENSURE POSITIVE OUTCOMES. IT ALSO ADDRESSES COMMON CONCERNS AND PROVIDES ACTIONABLE ADVICE FOR PARENTS TO ENGAGE CONSTRUCTIVELY WITH EDUCATORS. BELOW IS A DETAILED TABLE OF CONTENTS OUTLINING THE KEY TOPICS COVERED IN THIS I.S.S PARENTS GUIDE.

- UNDERSTANDING IN-SCHOOL SUSPENSION (ISS)
- THE PURPOSE AND BENEFITS OF ISS
- HOW ISS IS IMPLEMENTED IN SCHOOLS
- PARENTAL ROLES AND RESPONSIBILITIES
- SUPPORTING YOUR CHILD DURING ISS
- COMMON CHALLENGES AND SOLUTIONS
- ALTERNATIVES TO IN-SCHOOL SUSPENSION

UNDERSTANDING IN-SCHOOL SUSPENSION (ISS)

IN-SCHOOL SUSPENSION (ISS) IS A DISCIPLINARY METHOD USED BY SCHOOLS TO ADDRESS STUDENT BEHAVIOR ISSUES WHILE KEEPING STUDENTS WITHIN THE EDUCATIONAL ENVIRONMENT. UNLIKE OUT-OF-SCHOOL SUSPENSION, ISS REQUIRES STUDENTS TO REMAIN ON CAMPUS BUT SEPARATE FROM THEIR REGULAR CLASSES. THIS SECTION EXPLAINS THE NATURE OF ISS, HOW IT DIFFERS FROM OTHER DISCIPLINARY ACTIONS, AND THE TYPICAL REASONS STUDENTS MIGHT BE ASSIGNED TO ISS.

DEFINITION AND PURPOSE OF ISS

ISS INVOLVES TEMPORARILY REMOVING A STUDENT FROM THE GENERAL CLASSROOM SETTING AND PLACING THEM IN A SUPERVISED AREA WHERE THEY COMPLETE ASSIGNMENTS AND REFLECT ON THEIR BEHAVIOR. THE PRIMARY PURPOSE IS TO CORRECT MISCONDUCT WITHOUT INTERRUPTING THE STUDENT'S ACADEMIC PROGRESS COMPLETELY. ISS SERVES AS A LESS SEVERE ALTERNATIVE TO OUT-OF-SCHOOL SUSPENSION, AIMING TO PROMOTE ACCOUNTABILITY AND BEHAVIOR IMPROVEMENT.

COMMON INFRACTIONS LEADING TO ISS

STUDENTS MAY BE ASSIGNED TO ISS FOR VARIOUS REASONS, INCLUDING DISRUPTIVE BEHAVIOR, TARDINESS, MINOR ACTS OF DEFIANCE, OR VIOLATION OF SCHOOL POLICIES SUCH AS DRESS CODES. SCHOOLS TYPICALLY USE ISS FOR INFRACTIONS THAT WARRANT DISCIPLINE BUT DO NOT REQUIRE REMOVAL FROM SCHOOL PREMISES. UNDERSTANDING THESE INFRACTIONS HELPS PARENTS ANTICIPATE WHEN ISS MIGHT BE USED.

THE PURPOSE AND BENEFITS OF ISS

ISS SERVES MULTIPLE FUNCTIONS WITHIN SCHOOL DISCIPLINE FRAMEWORKS, BALANCING THE NEED FOR MAINTAINING ORDER WITH

THE IMPORTANCE OF CONTINUED EDUCATION. THIS SECTION HIGHLIGHTS THE BENEFITS ISS OFFERS TO STUDENTS, SCHOOLS, AND PARENTS, EMPHASIZING ITS ROLE IN CONSTRUCTIVE BEHAVIORAL CORRECTION.

MAINTAINING ACADEMIC CONTINUITY

ONE OF THE KEY BENEFITS OF ISS IS THAT STUDENTS CONTINUE TO PARTICIPATE IN ACADEMIC ACTIVITIES DURING THEIR SUSPENSION. THIS CONTINUITY MINIMIZES LEARNING LOSS AND HELPS STUDENTS KEEP UP WITH THEIR COURSEWORK. MAINTAINING ACADEMIC ENGAGEMENT DURING DISCIPLINARY PERIODS SUPPORTS OVERALL STUDENT SUCCESS AND REDUCES NEGATIVE LONG-TERM IMPACTS.

BEHAVIORAL REFLECTION AND IMPROVEMENT

ISS PROVIDES A STRUCTURED ENVIRONMENT WHERE STUDENTS CAN REFLECT ON THEIR ACTIONS UNDER SUPERVISION. MANY PROGRAMS INCLUDE COUNSELING OR BEHAVIOR MODIFICATION COMPONENTS AIMED AT ADDRESSING THE ROOT CAUSES OF MISCONDUCT. THIS REFLECTIVE PROCESS ENCOURAGES STUDENTS TO DEVELOP BETTER DECISION-MAKING SKILLS AND SELF-DISCIPLINE.

PROMOTING A SAFER SCHOOL ENVIRONMENT

BY SEPARATING STUDENTS WHO DISRUPT THE LEARNING ENVIRONMENT, ISS HELPS MAINTAIN SAFETY AND ORDER WITHIN CLASSROOMS. THIS CONTRIBUTES TO A POSITIVE ATMOSPHERE CONDUCIVE TO LEARNING FOR ALL STUDENTS. ISS ALSO ALLOWS SCHOOLS TO ENFORCE DISCIPLINE CONSISTENTLY AND FAIRLY.

How ISS IS IMPLEMENTED IN SCHOOLS

THE IMPLEMENTATION OF ISS VARIES BY DISTRICT AND SCHOOL BUT GENERALLY FOLLOWS ESTABLISHED PROTOCOLS DESIGNED TO ENSURE FAIRNESS AND EFFECTIVENESS. THIS SECTION OUTLINES TYPICAL PROCEDURES AND POLICIES RELATED TO ISS, PROVIDING CLARITY FOR PARENTS ON WHAT TO EXPECT.

ASSIGNMENT AND NOTIFICATION PROCESS

WHEN A STUDENT IS ASSIGNED TO ISS, PARENTS ARE USUALLY NOTIFIED THROUGH WRITTEN COMMUNICATION, PHONE CALLS, OR DIGITAL PLATFORMS. THE NOTIFICATION INCLUDES THE REASON FOR ISS, DURATION, AND ANY RULES THE STUDENT MUST FOLLOW WHILE SUSPENDED. TRANSPARENCY AND TIMELY COMMUNICATION ARE CRUCIAL TO KEEPING PARENTS INFORMED AND INVOLVED.

DAILY ROUTINE AND SUPERVISION

DURING ISS, STUDENTS SPEND THE SCHOOL DAY IN A DESIGNATED AREA UNDER THE SUPERVISION OF STAFF MEMBERS. THEY COMPLETE ASSIGNED WORK AND MAY PARTICIPATE IN BEHAVIORAL LESSONS OR COUNSELING SESSIONS. THE STRUCTURED ROUTINE IS DESIGNED TO MINIMIZE DISTRACTIONS AND MAXIMIZE FOCUS ON ACADEMIC AND BEHAVIORAL GOALS.

DURATION AND CONSEQUENCES

ISS ASSIGNMENTS CAN RANGE FROM ONE DAY TO SEVERAL, DEPENDING ON THE SEVERITY OF THE INFRACTION AND SCHOOL POLICIES. REPEATED ASSIGNMENTS TO ISS MAY LEAD TO ESCALATED DISCIPLINARY ACTIONS, INCLUDING OUT-OF-SCHOOL SUSPENSION. UNDERSTANDING THESE CONSEQUENCES HELPS PARENTS GUIDE THEIR CHILDREN TOWARD BETTER CHOICES.

PARENTAL ROLES AND RESPONSIBILITIES

PARENTS PLAY A VITAL ROLE IN SUPPORTING THEIR CHILDREN THROUGH ISS. THIS SECTION DISCUSSES HOW PARENTS CAN COLLABORATE WITH SCHOOLS, MONITOR THEIR CHILD'S PROGRESS, AND REINFORCE POSITIVE BEHAVIOR AT HOME.

COMMUNICATING WITH SCHOOL PERSONNEL

MAINTAINING OPEN COMMUNICATION WITH TEACHERS, COUNSELORS, AND ADMINISTRATORS IS ESSENTIAL. PARENTS SHOULD SEEK CLARIFICATION ABOUT ISS PROCEDURES, EXPECTATIONS, AND RESOURCES AVAILABLE FOR THEIR CHILD. ACTIVE INVOLVEMENT DEMONSTRATES SUPPORT AND COMMITMENT TO THE STUDENT'S SUCCESS.

MONITORING ACADEMIC AND BEHAVIORAL PROGRESS

PARENTS CAN HELP BY REVIEWING ASSIGNMENTS COMPLETED DURING ISS AND DISCUSSING BEHAVIORAL GOALS WITH THEIR CHILD. ENCOURAGING RESPONSIBILITY AND ACCOUNTABILITY AIDS IN THE DEVELOPMENT OF SELF-REGULATION AND IMPROVED CONDUCT. REGULAR CHECK-INS CAN REINFORCE THE IMPORTANCE OF FOLLOWING SCHOOL RULES.

PROVIDING EMOTIONAL SUPPORT

ISS CAN BE A CHALLENGING EXPERIENCE FOR STUDENTS. PARENTS SHOULD OFFER ENCOURAGEMENT AND UNDERSTANDING, HELPING THEIR CHILD COPE WITH ANY FEELINGS OF FRUSTRATION OR EMBARRASSMENT. POSITIVE REINFORCEMENT AND CONSTRUCTIVE DISCUSSIONS ABOUT BEHAVIOR FOSTER RESILIENCE AND GROWTH.

SUPPORTING YOUR CHILD DURING ISS

EFFECTIVE PARENTAL SUPPORT DURING ISS CAN SIGNIFICANTLY INFLUENCE THE OUTCOME OF THE DISCIPLINARY PROCESS. THIS SECTION PROVIDES PRACTICAL STRATEGIES FOR HELPING CHILDREN NAVIGATE ISS SUCCESSFULLY AND EMERGE WITH IMPROVED BEHAVIOR AND ACADEMIC FOCUS.

ESTABLISHING A STUDY ROUTINE

PARENTS CAN ASSIST BY CREATING A QUIET, DISTRACTION-FREE ENVIRONMENT AT HOME FOR COMPLETING ISS ASSIGNMENTS. ESTABLISHING CONSISTENT STUDY HABITS BENEFITS ACADEMIC PERFORMANCE AND REINFORCES THE IMPORTANCE OF EDUCATION DESPITE DISCIPLINARY SETBACKS.

ENCOURAGING RESPONSIBILITY AND REFLECTION

HELPING CHILDREN UNDERSTAND THE REASONS BEHIND ISS AND ENCOURAGING PERSONAL RESPONSIBILITY IS VITAL. PARENTS SHOULD ENGAGE IN CONVERSATIONS THAT PROMOTE SELF-AWARENESS AND GOAL-SETTING TO PREVENT FUTURE INFRACTIONS.

UTILIZING SCHOOL RESOURCES

MANY SCHOOLS OFFER COUNSELING OR BEHAVIORAL SUPPORT PROGRAMS ALONGSIDE ISS. PARENTS SHOULD INQUIRE ABOUT THESE RESOURCES AND ENCOURAGE THEIR CHILD'S PARTICIPATION. ACCESS TO PROFESSIONAL GUIDANCE CAN ADDRESS UNDERLYING ISSUES CONTRIBUTING TO MISCONDUCT.

COMMON CHALLENGES AND SOLUTIONS

SEVERAL CHALLENGES MAY ARISE DURING THE ISS PROCESS, AFFECTING BOTH STUDENTS AND PARENTS. RECOGNIZING THESE DIFFICULTIES AND KNOWING HOW TO ADDRESS THEM ENSURES A SMOOTHER EXPERIENCE AND BETTER OUTCOMES.

ACADEMIC DIFFICULTIES

SOME STUDENTS STRUGGLE TO KEEP UP WITH COURSEWORK WHILE IN ISS DUE TO LIMITED ACCESS TO TEACHERS OR MATERIALS. PARENTS CAN MITIGATE THIS BY COMMUNICATING WITH EDUCATORS TO OBTAIN NECESSARY ASSIGNMENTS AND CLARIFICATIONS.

EMOTIONAL AND SOCIAL IMPACT

ISS CAN LEAD TO FEELINGS OF ISOLATION OR STIGMA AMONG PEERS. PARENTS SHOULD PROVIDE EMOTIONAL REASSURANCE AND ENCOURAGE POSITIVE SOCIAL INTERACTIONS OUTSIDE OF SCHOOL TO MAINTAIN SELF-ESTEEM AND SOCIAL SKILLS.

CONSISTENCY IN BEHAVIOR EXPECTATIONS

INCONSISTENCIES BETWEEN HOME AND SCHOOL BEHAVIORAL EXPECTATIONS CAN CONFUSE STUDENTS. PARENTS AND SCHOOLS SHOULD COLLABORATE TO ALIGN RULES AND CONSEQUENCES, PROVIDING A UNIFIED MESSAGE ABOUT ACCEPTABLE CONDUCT.

ALTERNATIVES TO IN-SCHOOL SUSPENSION

WHILE ISS IS A COMMON DISCIPLINARY APPROACH, SCHOOLS MAY ALSO USE ALTERNATIVE METHODS TO ADDRESS STUDENT BEHAVIOR. THIS SECTION EXPLORES OTHER OPTIONS THAT PARENTS MIGHT ENCOUNTER OR SUGGEST TO EDUCATORS.

BEHAVIORAL INTERVENTIONS AND SUPPORT PLANS

SOME SCHOOLS IMPLEMENT INDIVIDUALIZED BEHAVIOR PLANS OR POSITIVE BEHAVIORAL INTERVENTIONS TO ADDRESS SPECIFIC STUDENT NEEDS. THESE PROGRAMS FOCUS ON REINFORCEMENT AND SKILL-BUILDING RATHER THAN PUNISHMENT.

RESTORATIVE PRACTICES

RESTORATIVE JUSTICE APPROACHES ENCOURAGE STUDENTS TO TAKE RESPONSIBILITY AND REPAIR HARM THROUGH MEDIATED CONVERSATIONS AND COMMUNITY SERVICE. THIS METHOD FOSTERS EMPATHY AND CONFLICT RESOLUTION SKILLS.

OUT-OF-SCHOOL SUSPENSION AND EXPULSION

FOR MORE SEVERE INFRACTIONS, SCHOOLS MAY RESORT TO OUT-OF-SCHOOL SUSPENSION OR EXPULSION. THESE OPTIONS REMOVE STUDENTS FROM THE SCHOOL ENVIRONMENT ENTIRELY AND CARRY MORE SIGNIFICANT ACADEMIC AND SOCIAL CONSEQUENCES.

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FREQUENTLY ASKED QUESTIONS

WHAT IS THE I.S.S. PARENTS GUIDE?

THE I.S.S. PARENTS GUIDE IS A RESOURCE DESIGNED TO HELP PARENTS UNDERSTAND THE CONTENT, THEMES, AND SUITABILITY OF THE I.S.S. VIDEO GAME OR MEDIA, PROVIDING INSIGHTS INTO AGE-APPROPRIATENESS AND POTENTIAL CONCERNS.

IS I.S.S. SUITABLE FOR CHILDREN?

THE SUITABILITY OF I.S.S. FOR CHILDREN DEPENDS ON ITS CONTENT RATINGS AND THEMES. PARENTS SHOULD CONSULT THE I.S.S. PARENTS GUIDE TO DETERMINE IF THE GAME OR MEDIA IS APPROPRIATE FOR THEIR CHILD'S AGE AND MATURITY LEVEL.

WHERE CAN I FIND THE I.S.S. PARENTS GUIDE?

THE I.S.S. PARENTS GUIDE CAN TYPICALLY BE FOUND ON THE OFFICIAL WEBSITE OF THE GAME OR MEDIA, ON POPULAR GAMING PLATFORMS, OR THROUGH PARENTAL ADVISORY WEBSITES THAT REVIEW AND RATE GAMES.

DOES THE I.S.S. PARENTS GUIDE INCLUDE INFORMATION ON IN-GAME VIOLENCE?

YES, THE I.S.S. PARENTS GUIDE USUALLY INCLUDES DETAILS ABOUT THE PRESENCE AND LEVEL OF IN-GAME VIOLENCE TO HELP PARENTS ASSESS WHETHER THE CONTENT IS SUITABLE FOR THEIR CHILDREN.

ARE THERE ANY PARENTAL CONTROLS RECOMMENDED IN THE I.S.S. PARENTS GUIDE?

THE GUIDE OFTEN RECOMMENDS USING PARENTAL CONTROLS AVAILABLE ON GAMING CONSOLES OR DEVICES TO LIMIT PLAYTIME, RESTRICT ACCESS TO CERTAIN FEATURES, OR MANAGE ONLINE INTERACTIONS FOR SAFER GAMING EXPERIENCES.

HOW CAN THE I.S.S. PARENTS GUIDE HELP WITH ONLINE SAFETY?

THE GUIDE PROVIDES TIPS ON MANAGING ONLINE INTERACTIONS WITHIN I.S.S., SUCH AS MONITORING CHAT FEATURES, UNDERSTANDING PRIVACY SETTINGS, AND ENCOURAGING SAFE GAMING HABITS TO PROTECT CHILDREN FROM INAPPROPRIATE CONTENT OR CONTACT.

DOES THE I.S.S. PARENTS GUIDE ADDRESS EDUCATIONAL VALUE?

SOME VERSIONS OF THE I.S.S. PARENTS GUIDE HIGHLIGHT ANY EDUCATIONAL ASPECTS OF THE GAME OR MEDIA, HELPING PARENTS UNDERSTAND POTENTIAL LEARNING BENEFITS ALONGSIDE ENTERTAINMENT.

CAN THE I.S.S. PARENTS GUIDE ASSIST IN SETTING SCREEN TIME LIMITS?

YES, THE GUIDE OFTEN SUGGESTS RECOMMENDED PLAYTIME LIMITS AND STRATEGIES FOR BALANCING GAMING WITH OTHER ACTIVITIES, AIDING PARENTS IN MANAGING THEIR CHILDREN'S SCREEN TIME EFFECTIVELY.

ADDITIONAL RESOURCES

1. *THE ISS PARENT'S HANDBOOK: NAVIGATING LIFE IN SPACE*

THIS COMPREHENSIVE GUIDE OFFERS PARENTS AN IN-DEPTH LOOK AT WHAT IT MEANS TO RAISE CHILDREN CONNECTED TO THE INTERNATIONAL SPACE STATION ENVIRONMENT. IT COVERS EVERYTHING FROM THE PSYCHOLOGICAL IMPACTS OF SPACE MISSIONS ON FAMILIES TO PRACTICAL ADVICE FOR MAINTAINING STRONG FAMILY BONDS ACROSS VAST DISTANCES. THE BOOK ALSO EXPLORES EDUCATIONAL OPPORTUNITIES AND SUPPORT NETWORKS AVAILABLE FOR ISS FAMILIES.

2. *RAISING SPACE-AGE KIDS: A PARENT'S GUIDE TO ISS FAMILY LIFE*

FOCUSED ON THE UNIQUE CHALLENGES AND JOYS OF PARENTING WHEN ONE OR BOTH PARENTS ARE INVOLVED WITH THE ISS, THIS BOOK PROVIDES STRATEGIES FOR COMMUNICATION, EMOTIONAL SUPPORT, AND CHILD DEVELOPMENT IN A SPACE-INFLUENCED LIFESTYLE. IT INCLUDES REAL-LIFE STORIES FROM FAMILIES WHO HAVE EXPERIENCED ISS MISSIONS FIRSTHAND, MAKING IT A RELATABLE AND INSIGHTFUL READ.

3. *ORBITING PARENTHOOD: BALANCING FAMILY AND SPACE EXPLORATION*

THIS TITLE DELVES INTO THE BALANCE ISS PARENTS MUST STRIKE BETWEEN THEIR PROFESSIONAL COMMITMENTS AND FAMILY RESPONSIBILITIES. IT DISCUSSES TIME MANAGEMENT, COPING WITH SEPARATION DURING MISSIONS, AND FOSTERING RESILIENCE AMONG CHILDREN. THE BOOK ALSO OFFERS EXPERT ADVICE FROM PSYCHOLOGISTS AND ASTRONAUTS.

4. *SPACE STATION PARENTING: EMOTIONAL WELL-BEING FOR ISS FAMILIES*

EMPHASIZING MENTAL HEALTH, THIS GUIDE HELPS ISS PARENTS UNDERSTAND AND SUPPORT THEIR CHILDREN'S EMOTIONAL NEEDS AMID THE UNIQUE CIRCUMSTANCES OF SPACE-RELATED CAREERS. IT ADDRESSES COMMON ISSUES SUCH AS ANXIETY, LONELINESS, AND ADJUSTMENT TO FREQUENT ABSENCES, PROVIDING PRACTICAL TECHNIQUES AND RESOURCES FOR FAMILIES.

5. *GROWING UP WITH THE ISS: A CHILD'S PERSPECTIVE ON SPACE FAMILIES*

WRITTEN WITH INPUT FROM CHILDREN OF ISS ASTRONAUTS AND ENGINEERS, THIS BOOK GIVES A HEARTFELT LOOK AT GROWING UP IN A FAMILY CONNECTED TO SPACE EXPLORATION. IT EXPLORES THEIR EXPERIENCES, CHALLENGES, AND DREAMS, OFFERING PARENTS VALUABLE INSIGHTS INTO THEIR CHILDREN'S WORLD AND HOW TO SUPPORT THEM EFFECTIVELY.

6. *COMMUNICATION ACROSS THE STARS: MAINTAINING FAMILY BONDS DURING ISS MISSIONS*

THIS BOOK FOCUSES ON THE TECHNOLOGICAL AND EMOTIONAL TOOLS ISS FAMILIES USE TO STAY CONNECTED DESPITE PHYSICAL DISTANCE. IT OFFERS TIPS ON MAXIMIZING VIDEO CALLS, MANAGING TIME ZONE DIFFERENCES, AND CREATING MEANINGFUL RITUALS THAT KEEP FAMILY RELATIONSHIPS STRONG DURING PROLONGED SPACE MISSIONS.

7. *PREPARING FOR LIFTOFF: A PRE-MISSION GUIDE FOR ISS PARENTS*

DESIGNED FOR PARENTS WHOSE LOVED ONES ARE ABOUT TO EMBARK ON AN ISS MISSION, THIS GUIDE PREPARES FAMILIES FOR THE CHANGES AND CHALLENGES AHEAD. IT COVERS LOGISTICAL PLANNING, EMOTIONAL PREPARATION, AND ESTABLISHING SUPPORT SYSTEMS TO HELP PARENTS AND CHILDREN COPE THROUGHOUT THE MISSION DURATION.

8. *SPACE STATION EDUCATION: SUPPORTING ISS KIDS' LEARNING AND GROWTH*

THIS RESOURCE HIGHLIGHTS EDUCATIONAL STRATEGIES FOR CHILDREN WHOSE PARENTS WORK WITH THE ISS, INCLUDING ADAPTING TO IRREGULAR SCHEDULES AND LEVERAGING SPACE-THEMED LEARNING OPPORTUNITIES. IT PROVIDES SUGGESTIONS FOR HOMESCHOOLING, ONLINE RESOURCES, AND COMMUNITY PROGRAMS THAT ENRICH CHILDREN'S ACADEMIC AND PERSONAL DEVELOPMENT.

9. *THE ISS FAMILY SURVIVAL GUIDE: THRIVING AMIDST THE STARS*

A PRACTICAL HANDBOOK FILLED WITH ADVICE ON EVERYDAY LIFE, CRISIS MANAGEMENT, AND LONG-TERM FAMILY PLANNING FOR ISS-RELATED HOUSEHOLDS. IT COMBINES EXPERT KNOWLEDGE WITH PERSONAL ANECDOTES TO HELP FAMILIES NOT JUST SURVIVE BUT THRIVE WHILE LIVING WITH THE UNIQUE REALITIES OF SPACE EXPLORATION CAREERS.

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