

20 Sure-Fire Ways to Love Your Military Neighbor

{and her family, too}

- 1. Ask her over for dinner.** Being the only grown-up in a house gets lonely, so hanging with other adults is nice. If your schedule permits, make it routine {i.e. Invite her for dinner every Sunday or coffee every Tuesday}. FYI: she'll be focusing on your company, not your house.
- 2. Bring dinner to her house.** Even just a casserole she can put in the freezer is so helpful and awesome.
- 3. Offer her your contact information.** Give her permission to call or email you if she needs something.
- 4. Grocery shop.** If you're making a grocery or Target run, ask her if she needs anything.
- 5. Take out the trash.** If her trash and/or recycle receptacles are outside, take them to the curb for her.
- 6. Offer to babysit.** Be specific. If she knows you well, offer to take her kids with you on a playdate. It doesn't have to be for long. Just having an hour or two to exhale on her own feels like a Christmas miracle.
- 7. Bring over a plate of cookies.** Attach a note with the names of your family members and contact information. The baked goods don't have to be homemade. {Sometimes [I buy these](#) instead.} She is just moved by the gesture.
- 8. Help with home improvement.** Many spouses have the urge to do house projects while on the home front. So much of the military lifestyle is out of their control, so home improvement projects help them feel in control. Help her paint a room or pick out curtains. Even something as simple as helping her pick up/change lightbulbs is appreciated.
- 9. Swap movies, books, and magazines.** Let her borrow your Netflix movies and return them for you.
- 10. Bring her a Starbucks treat just because.** *It's more about showing up and checking in than about the treat.*
- 11. Send her a card.** It's easy for military spouses to feel stressed or ignored, so this could make her day. Or her month. Also, DaySpring makes some [lovely e-cards](#).
- 12. Invite her to participate in things.** Even if she can't make it the first few times, don't quit asking.
- 13. Refer her to your people.** If you have a hair dresser or a dentist you like, ask her if she would like their name(s). My neighbors are often the best source for where to go to get what done.
- 14. Give her the gift of green.** Potted flowers in the summer, some stems from the grocery

in the winter. They brighten her home and her mood.

15. Encourage her. Look for something specific she's doing well and brag on her to her face.

16. Give her yard a helping hand. Mow or edge her lawn.

17. Remember her birthday. Slip her a card or a piece of cake.

18. Remember her on holidays. Give her a card for Mother's Day. Invite her over for Thanksgiving dinner.

19. Follow through. If you tell her you'll do something for her, be a woman of your word.

20. Pray for her strength, her marriage, her kids. It is the least *and* the most you can do.