

# TAG Team PODCAST.

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| <b>Podcast Title:</b><br><br><b>Raising a Family</b>   | <b>Date:</b><br><br>  |
| <b>Key Takeaway:</b><br><br><b>What does it look like to raise a family in the first responder / military world?</b> |   |
| <b>What are the stresses/worries of having children as a hero?</b><br><br>   | <b>As a spouse, how hard is it raising the children while your hero is at work?</b><br><br> |
| <b>Have you communicated those feelings with your spouse?</b><br><br>  |   |
| <b>Heroes, how do you process your day so you can be present with your family?</b><br><br>                           | <b>What are you modeling for your family?</b><br><br>                                       |