

An Introduction

Each day our law enforcement officers leave their homes to go to work, they also leave wives, husbands, daughters, sons, mothers, and fathers. Officers realize that as they begin their tour of duty, they are potentially risking their lives for the safety of their communities and may be saying a final good-bye to their loved ones. Daily, weekly, monthly, and yearly officers serve their communities, protecting the citizens without regard to their own safety and comfort. Everyone has read or heard about the physical and emotional toll that this sacrifice can have on law enforcement officers. The stresses of the job can affect their sleeping and eating habits, their social lives, and their job performance. Sometimes overlooked, however is the effect that law enforcement work may have on officers' families. In many ways, these family members are the quiet heroes. They offer support and encouragement. They, too, make many sacrifices so their relatives in law enforcement can serve and protect their communities. (Pinizzotto, Davis and Miller, *Violent Encounters*, 2006)