



Resources and References for the DCoE April 2014 Psychological Health Webinar

Psychological Health and Resilience of Children in Military Families

Resources

Military Families Near and Far, an initiative funded by the Defense Department and developed by Sesame Workshop, provides military parents and their young children with multimedia educational resources to help them cope with military life transitions.

The website www.familiesnearandfar.org is a resource for military parents to help them communicate with their preschoolers about deployments and homecomings. Three mobile apps developed through this initiative are Sesame Street for Military Families, Feel Electric! and The Big Moving Adventure.

The Big Moving Adventure mobile app is designed to lead preschoolers through the moving process so they can learn skills to reduce their fears and worries and build self-confidence and resilience. This free app also provides parents with helpful tips on how to communicate with their children about the upcoming move.

Military Kids Connect (MKC), an online community for military children ages 6-17 offers informative activities, fun games and helpful videos that help to build and reinforce understanding, resilience, and coping skills in military children and their peers. Additionally, MKC provides access to age-appropriate resources to support children dealing with the unique psychological challenges of military life. MKC pre-moderates all online forums to ensure no personally identifiable information is present prior to posting.

MilitaryParenting is an anonymous, online self-help course that provides military and veteran parents with tools and practical advice to help them reconnect with their families after a separation, strengthen relationships with their children and build upon existing parenting skills.

Military OneSource provides articles, resources and additional family wellness Web links in the "Keeping Your Family Strong" section.

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