



Resources for Military Families

As a member of a military family, you know that sometimes it can be hard to talk to your children about the challenges of military life.

Fortunately, there are many resources available to help overcome these challenges and become a stronger family.

SesameStreetForMilitaryFamilies.org

Whether your family is near or far, this website can help bring you closer together with tools and tips to help your family communicate and stay connected.



Sesame Street for Military Families

offers a variety of creative tools and mobile apps for military families.



The Big Moving Adventure mobile app is an interactive story that emotionally prepares preschoolers for the common occurrence of military moves.



The award-winning *Feel Electric!* mobile app uses games to teach military children to identify and express feelings, including those related to transitions in military life.



The *Breathe, Think, Do with Sesame* mobile app helps children learn problem-solving skills.

All tools are available for **FREE** download!



Developed by National Center for Telehealth & Technology, a Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury center.

Released: March 2016

