

Watch

Sesame Street for Military Families



Purpose

Series of 6 videos and songs to help children and caregivers through deployment

Information Covered

- Getting Ready
- Connecting
- Deployment stories
- Songs
- For grown-ups

How to access:

- Scan the QR code or
- Search “deployment sesame street for military” in search engine (ex: Google)

Guiding Children Through Deployment - Part 1



Purpose

What to expect and ways to support the family at home

Information Covered

- What to expect @ different ages
- Stages of Grief - Deployment related
- Positives and negatives

How to access:

- Scan the QR code or
- Search “guiding children through deployment” at youtube.com

Guiding Children Through Deployment - Part 2



Purpose

Discusses emotions, coping skills and how brain development affects the experience

Information Covered

- Building a network
- Stay connected
- The role of brain development
- Calming coping skills
- Rational coping skills

How to access:

- Scan the QR code or
- Search “guiding children through deployment” at youtube.com

Guiding Children Through Deployment - Part 3



Purpose

Big emotions and ways to guide children’s emotional response

Information Covered

- Reacting to emotions
- Decreasing vulnerability to emotions
- How to talk to your child

How to access:

- Scan the QR code or
- Search “guiding children through deployment” at youtube.com

Military Family Resource Center



Purpose

Teen focused deployment advice and strategies

Information Covered

- How do teens feel?
- Research about teens and deployment
- Top 10 strategies
- Mental health continuum model
- Communication skills

How to access:

- Scan the QR code or
- Search “supporting teens through deployment” at youtube.com