

Sesame Street for Military Families Offers Help from Any Device

By Cathy McDonald and Bill Wheeler, National Center for Telehealth and Technology Public Affairs on November 13, 2015

Sesame Workshop and the Defense Department's National Center for Telehealth & Technology (T2) **announced the launch of a website** designed for military families today.

The **Sesame Street for Military Families website** features beloved Sesame Street characters to help preschool military children cope with military life challenges, such as the deployment of a parent, moving to a new home, and the injury or even death of a parent.

"There are day-to-day challenges related to transitions common to military life," said Dr. Kelly Blasko, a psychologist and program lead at T2. "Busy military parents can use their smartphones during those small pockets of free time to access resources and expert advice to help them feel more confident about having conversations with their children."

For parents and caregivers, the website includes resources and ideas to help them talk with their children about important issues. It also offers creative tools to improve parent-child communication by promoting kids' self-expression.

Additional content on Sesame Street for Military Families website includes the highly successful "Talk, Listen, Connect" multimedia resources and the **"Feel Electric!" and "The Big Moving Adventure" mobile applications.**

"These resources can be used by providers in daycares, schools, and pediatric and behavioral health clinics who care for [military] children," Blasko said.

The **Sesame Street for Military Families website** is mobile friendly, so you can access the site right from your smartphone and tablet. A shortcut from the website takes you straight to where you can download apps in the iTunes Store, Google Play and Amazon for Kindle Fire.

November is officially designated **Military Family Month**, a reminder that military families face constant challenges such as deployments, moves to new homes and adjustments after homecomings.

To learn more about T2 and other technology-based psychological health products, **visit the T2 website.**