

# SESAME STREET FOR MILITARY FAMILIES

**A suite of tools, information and resources to help you strengthen your family and navigate military life**

## Discover a wide range of support for military families through Military OneSource:

- Speak to a specialty consultant about building healthy relationships with your child and other significant people in your life.
- Receive confidential counseling services to help you tackle challenges and connect you to the resources you need.
- Connect with peer-to-peer support from someone who's been there.
- Explore child care options, connect with your local school liaison and discover parenting tools for every age.

**We serve active-duty service members, National Guard and reserves, recently separated service members, military families and survivors.**

## Service providers

MilLife Learning offers a vast collection of online courses and webinars to help you support families: <https://milloflearning.militaryonesource.mil/course-catalog>.



**WE'RE HERE FOR YOU**

**Being a military family is both an adventure and a challenge – especially when balancing child care and emotional well-being. Sesame Street for Military Families is here to support you and your children by helping you stay connected and cared for, together and within your community.**

Military OneSource and Sesame Street for Military Families have partnered on a suite of tools, information and resources to help military families cope with common challenges, such as isolation, parenting and self-care.

Visit the Everyday Parenting section on <https://sesamestreetformilitaryfamilies.org/> for tools and ideas to:

- Model the importance of self-care to your family.
- Cultivate flexible thinking.
- Respond to big feelings and build mind-body-emotion connections.

You'll find many other topics on the Sesame Street for Military Families website, including Family and Community Bonds, to help you:

- Adjust to a new community after a PCS.
- Get support from the community during deployments or temporary duty travels.
- Find military-specific support when living far from military installations.

Discover fun family activities, games and more at <https://sesamestreetformilitaryfamilies.org/resources/millife-learning/>.

## Connect with Military OneSource

Learn all of the ways Military OneSource can support you. Call **800-342-9647** or visit us at [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil) to find OCONUS calling options or to connect online. We're ready to assist by phone and online, around the clock.



U.S. Department of Defense



**for Military Families**