



FAMILY DEVELOPMENT

Military Families Learning Network

Safe & Sound: Caring in our Community

*Thanks for joining us! We will get started soon.
While you're waiting you can get handouts, etc. by following the link below.*

militaryfamilieslearningnetwork.org/event/22076

U.S. DEPARTMENT
OF DEFENSE



This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Military Family Readiness Policy, U.S. Department of Defense under Award Number 2015-48770-24368.



MILITARY FAMILIES LEARNING NETWORK

Connecting military family service providers
and Cooperative Extension professionals to research
and to each other through engaging online learning opportunities

militaryfamilieslearningnetwork.org



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OF DEFENSE



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Today's Presenters



Sabrina Huda

Senior Project Manager
Sesame Workshop



Antonio Freitas

Senior Content Manager
Sesame Workshop



Safe and Sound: Caring for Our Community

Sesame Workshop • MFLN

January 17, 2019

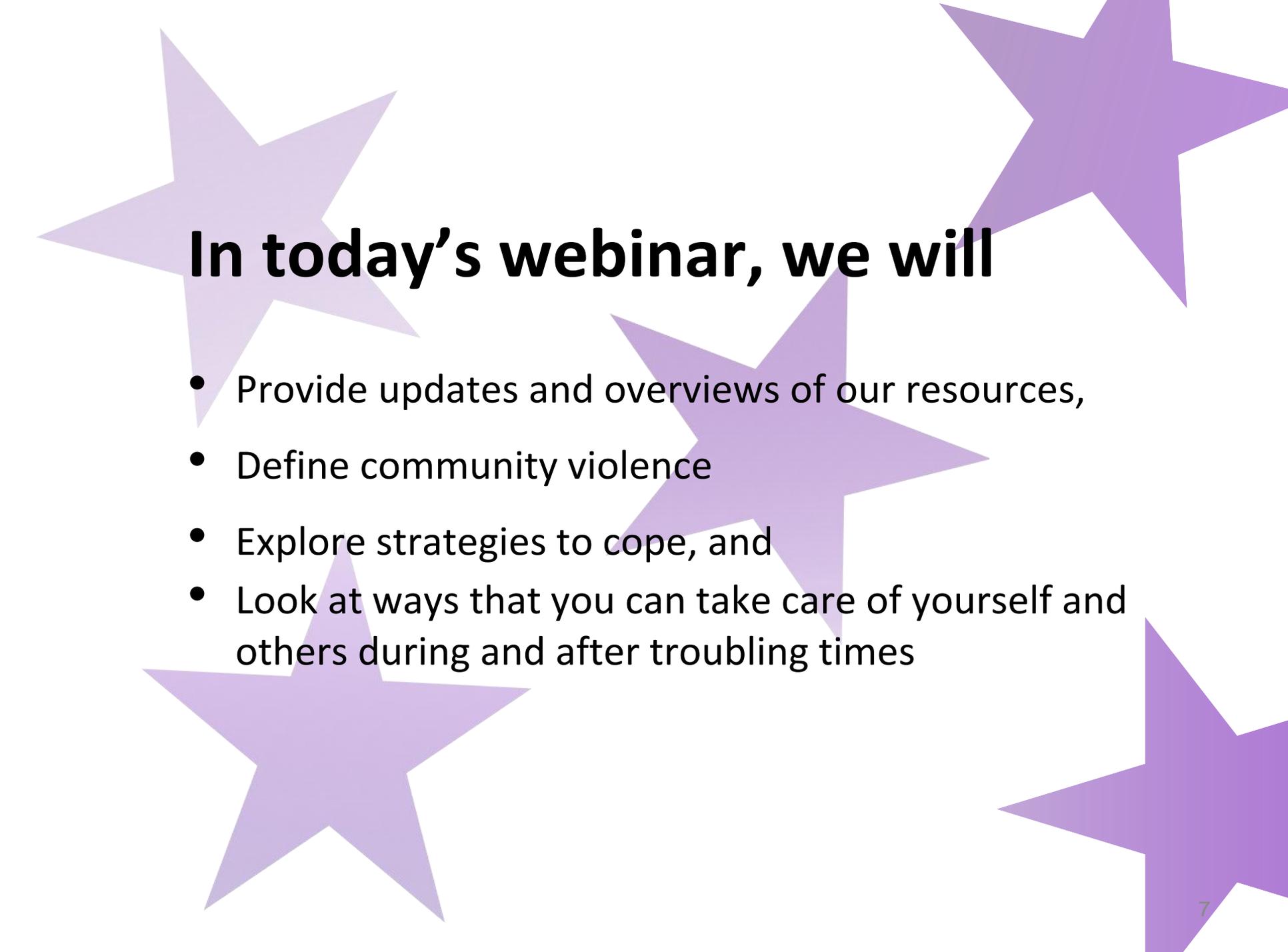
- Name and place
- What you're hoping to learn today



Today's Conversation

- Updates!
- Sister Site: 
- Definitions
- Community Violence
- Resources
- Best Practices
- Close Out



The slide features four large, light purple, five-pointed stars scattered across the background. One star is in the top left, one in the top right, one in the center, and one in the bottom right. The text is centered over the slide.

In today's webinar, we will

- Provide updates and overviews of our resources,
- Define community violence
- Explore strategies to cope, and
- Look at ways that you can take care of yourself and others during and after troubling times

Introductions



Sabrina Huda
Senior Project Manager



Antonio Freitas
Senior Content Manager



Updates

www.ss4mf.org

Topics include:

- Deployments
- Homecomings
- Relocation
- Injuries
- Grief
- Civilian Life

Additional topics on:

Birthdays, Family Health & Wellness, Routines and Self-expression



For Providers

For Providers section:
Resources for providers
and for the military
families they serve



1. Watch

Providers should view the videos on their own to gain a sense of the steps that families go through for each one of the challenging transitions on the site.

2. Ask

The simplest way to start engaging military families is to ask them if they are part of the military and whether their families are going or have gone through a deployment, relocation or injury recently.

3. Share

Finally, share the handouts below each of the videos to give families simple strategies they can use immediately and encourage them to find more at [sesamestreetformilitaryfamilies.org](https://www.sesamestreetformilitaryfamilies.org).

Called to serve again

When a veteran needs caregiving, the entire family is caregiving

Listening and Researching

Executive Steering Committee Experts



Military Caregiving Advisory

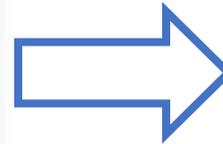


Military Caregivers

There are mountains of repetitive resources but not enough that are helpful in regards to children.

Responding

- Muppet videos -TBI and PTSD
- Digital and print activities
- Professional development
- Marketing and promotion tools
- Research



Join together by investing in children to become **smarter, stronger, and kinder** helping to lead to a life of service

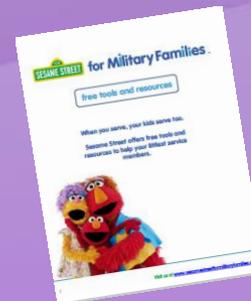
We can help one another reach every military family together

1. Get to know our resources at **Sesame Street for Military Families**

1. Follow us on Facebook **@SesameStreetForMilitaryFamilies** for updates, stories and more!

1. Share our resources with families and providers who serve our military and veteran families

1. Order our printed brochures and toolkits we also offer to distribute to families through your programs



Staying in Touch



Website: sesamestreetformilitaryfamilies.org

Email: militaryfamilies@sesame.org

Facebook: [@SesameStreetforMilitaryFamilies](https://www.facebook.com/SesameStreetforMilitaryFamilies)



Sesame Street In Communities

Let's Dive In!

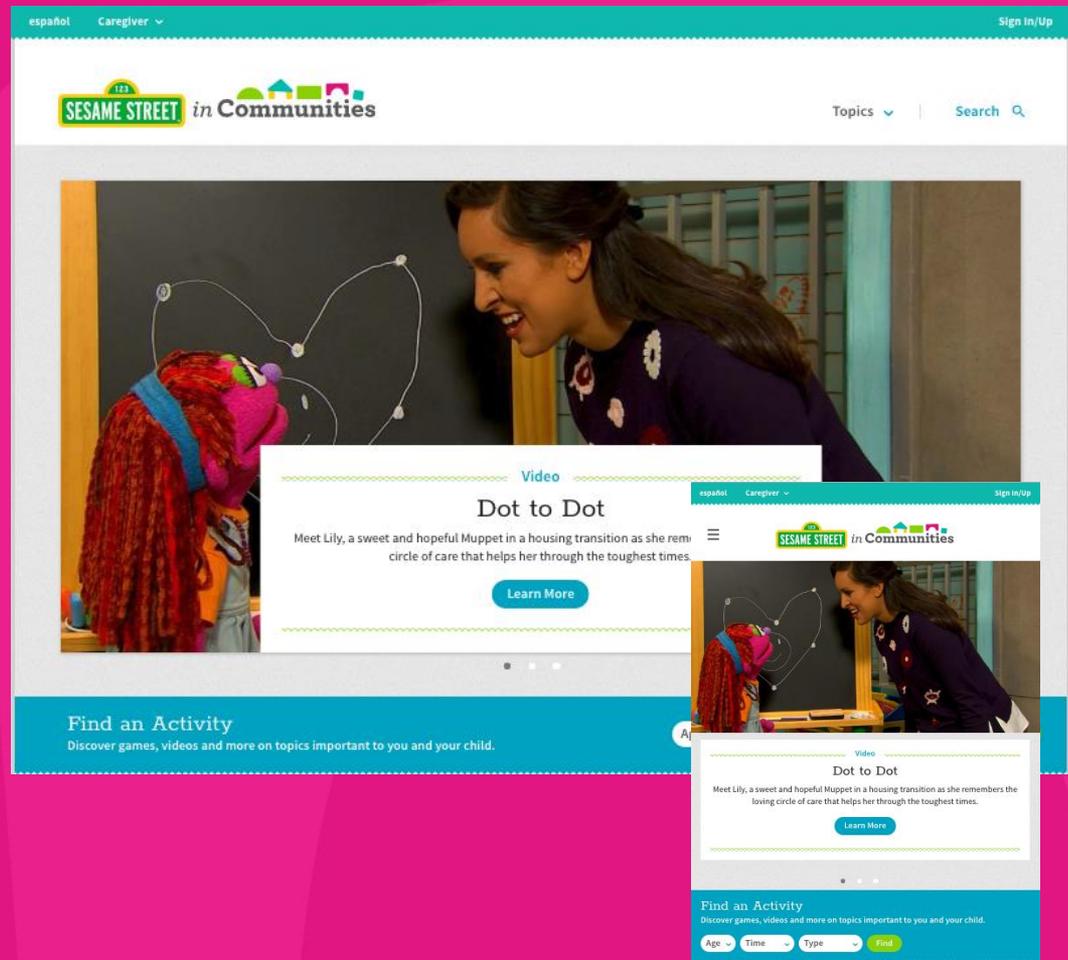
- Features & Highlights of the website
- Simple ways to put the site to work for you
- Tools we've created to help you spread the word



SesameStreet*in***Communities.org**

Site Features

- Parent and provider facing
- Responsive design
- 27 topics
- More than 900 activities
- All activities (aside from PD) available in Spanish
- Share, search and print activities



Content Buckets

- Difficult Times & Tough Talks
- Healthy Bodies, Healthy Minds
- ABC's & 123's
- Adding new activities and topics each month!

SESAME STREET in Communities

Professional Development | Topics | Search

Home > Explore Topics

Explore Topics

Click on a topic for tons of resources that help kids (and parents!) with what matters most in young lives: health and wellness, social-emotional skills, and school readiness. All are critical to children's healthy development...and together they build the foundation for a happy, healthy life.

Difficult Times & Tough Talks

- 

Coping With Incarceration
With adults' love and support, kids can cope with the incarceration of a loved one.
- 

Dealing With Divorce
Separation or divorce mean lots of changes, but love, comfort, and care can help children adjust and cope.
- 

Handling Emergencies
Your family can prepare for emergencies together in easy ways.
- 

Helping Kids Grieve
Coping with the loss of a loved one brings enormous challenges. With love and support, children can start to heal.

Healthy Bodies, Healthy Minds

- 

Offering Comfort
In the face of challenges big and small, little ones need lots of help from caring adults to grow and thrive. Comforting, nurturing touch is actually necessary for healthy brain development!
- 

Resilience
Giving children tools to overcome both little and big challenges will help them to learn and grow.
- 

Traumatic Experiences
Grown-ups hold the power to help lessen the effects of traumatic experiences.

Healthy Bodies, Healthy Minds

- 
- 
- 
- 

Topic Content

- Videos
- Printables
- Articles
- Interactive Activities
- Parent Workshops



español Provider Sign In/Up

SESAME STREET in Communities Professional Development Topics Search

Home > Moving Our Bodies

Moving Our Bodies

Children love to move—anywhere, anytime! Physical activity is great for growing bodies and minds. Being active together helps channel kids' natural energy and keeps them healthy and strong.

Move Your Body

Find an Activity
Discover printables, videos, and more on topics to help the families you work with.

Age Time Type Find

- Grover's Playground Workout
- Read & Move
- Animal Yoga
- Article: Breathe, Balance, and Bend: The 3 B's of Calm Bodies
- Video: Counting Heartbeats
- Video: Do the Freeze Dance!
- Article: Get Moving Anywhere, Anytime!
- Article: Age-by-Age Adaptations
- Video: Move Along With Elmo

Activities

- Big idea
- Topic, Age, Time
- Framing text
- Save, Share Print

The screenshot shows a website interface for finding activities. A modal window is open, displaying the following content:

The Big Idea: Identifying the benefits of exercise for kids can inspire parents to add more activity into their everyday lives.

Why Move More?

Moving Our Bodies | Age 0 to 6 | 20 Min

1. Ask, "Why is it important for kids to move?" Have parents share their ideas with the group, elaborating on their thoughts and giving examples. Write their ideas on chart paper (you can draw connections between similar thoughts and overlapping ideas).
2. Ask parents to name challenges to moving and exercising with kids, and share how they overcome those challenges. On another sheet of chart paper, write their responses in two columns (challenges and solutions).
3. Distribute the printable and ask parents to read through the list. Ask which of these are also true for them as adults. Discuss how their original ideas fit into, build off of, or add to the list you've handed out (for instance, if a parent named "exercise helps kids sit still more" as a benefit, you might talk about ways this benefit aligns with number 7 or number 8).
4. Ask parents to share ways that they encourage movement and exercise in their homes and outdoors with their children. These could include games they play, routines they do at home, or ways they help get kids moving. Write those ideas on chart paper, too.

[Download printable](#)

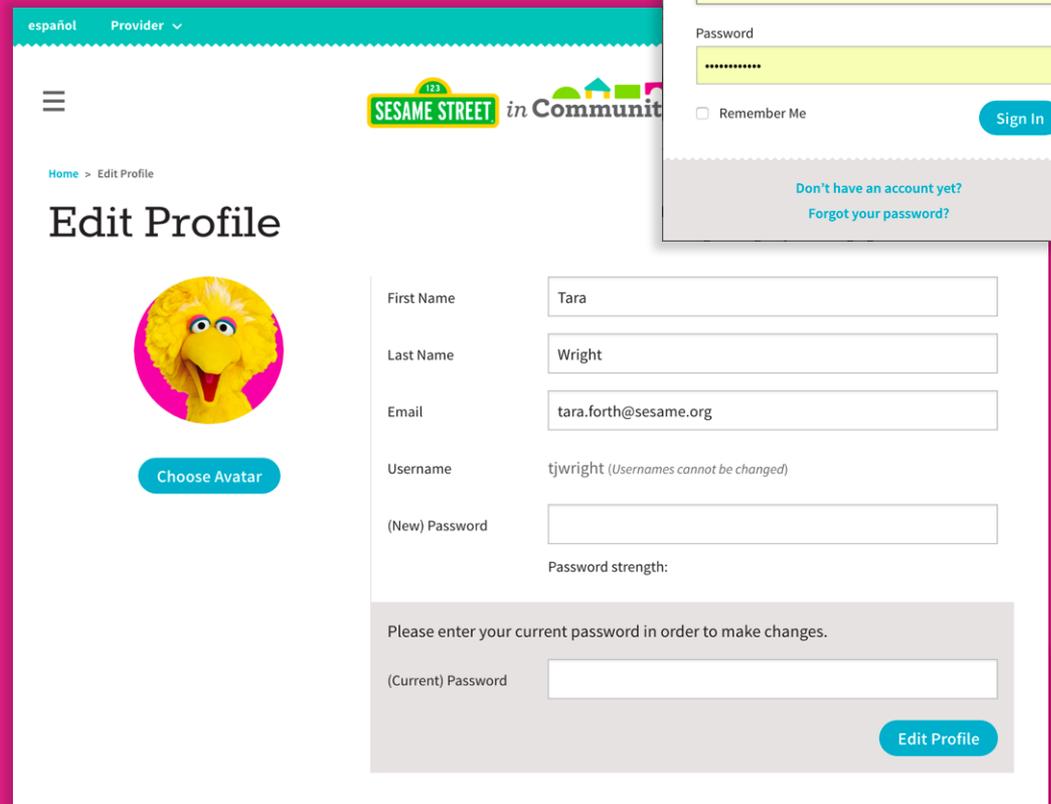
[Log in to mark as complete](#)

The background of the website shows a search bar at the top with the text "Find an Activity" and "Discover printables, videos, and more." Below the search bar, there are several activity cards, including "Grover's Playgro" and "Article Move & Learn".

Feature:

Log In

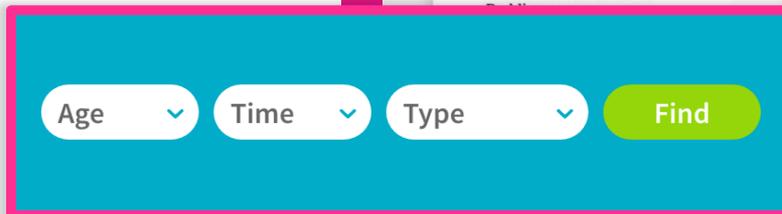
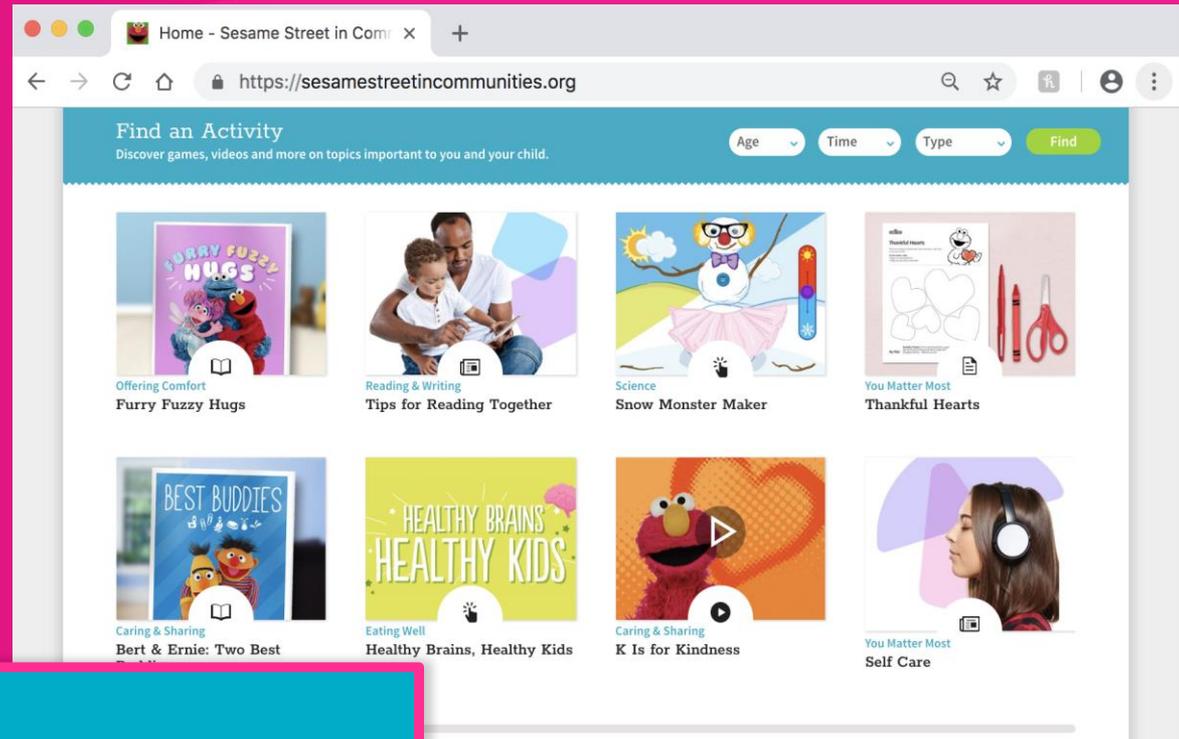
- Saves information & time
- Stores “favorites” across devices
- Providers can create an account for families to extend learning



Feature:

Filter

- Search by time, age, activity type
- Find what you need, when you need it!



Free Professional Development

SESAME STREET *in Communities*

Topics | Search

Expert Forum

Connecting the Dots: A Virtual Expert Forum on Family Homelessness

Join us from 4-5pm on Thurs. 12/13 on Facebook Live or YouTube Live for an expert panel on the unique challenges of families in housing transition.

[Register Today!](#)

Watch a Training Video
Instantly level-up your knowledge about a specific topic. Training videos include tips for talking with families.

Time: 10 min

Participate in a Webinar
Develop strategies for working with families. Certificates of completion available.

Time: 1 hr

Take a Course
Put in some professional development hours by taking an online course.

Time: 3+ Hours

Upcoming Events

Event	Date	Time
<p>Event NC, Transylvania</p> <p>Transylvania launch Sesame Street in Communities is heading to Transylvania!</p>	Oct 27	
<p>Webinar</p> <p>Traumatic Experiences – Office Hour Recording of our LIVE session where members of the Sesame Street in Communities team talk about resources on the Traumatic Experiences topic page, and answer questions from you!</p>	N/A	
<p>Webinar</p> <p>Office Hours: Helping Kids Grieve Recording of our live session where members of the Sesame Street in Communities team talk about resources on the Helping Kids Grieve topic page.</p>		
<p>Conference Little Rock, AR</p> <p>Arkansas Early Childhood Education Conference The SSIC team will present workshops all about the wonder of childhood play. We'll explore types of play and how grown-ups can scaffold learning into play moments.</p>	Oct 31	1:00 PM EST
<p>Webinar</p> <p>Hand in Hand News of community violence can be upsetting for everyone. Here are strategies to help reassure, soothe, and comfort children.</p>		

Trending Discussions

Welcome to Our Site

CERTIFICATES FOR ARCHIVED WEBINARS

Community Building

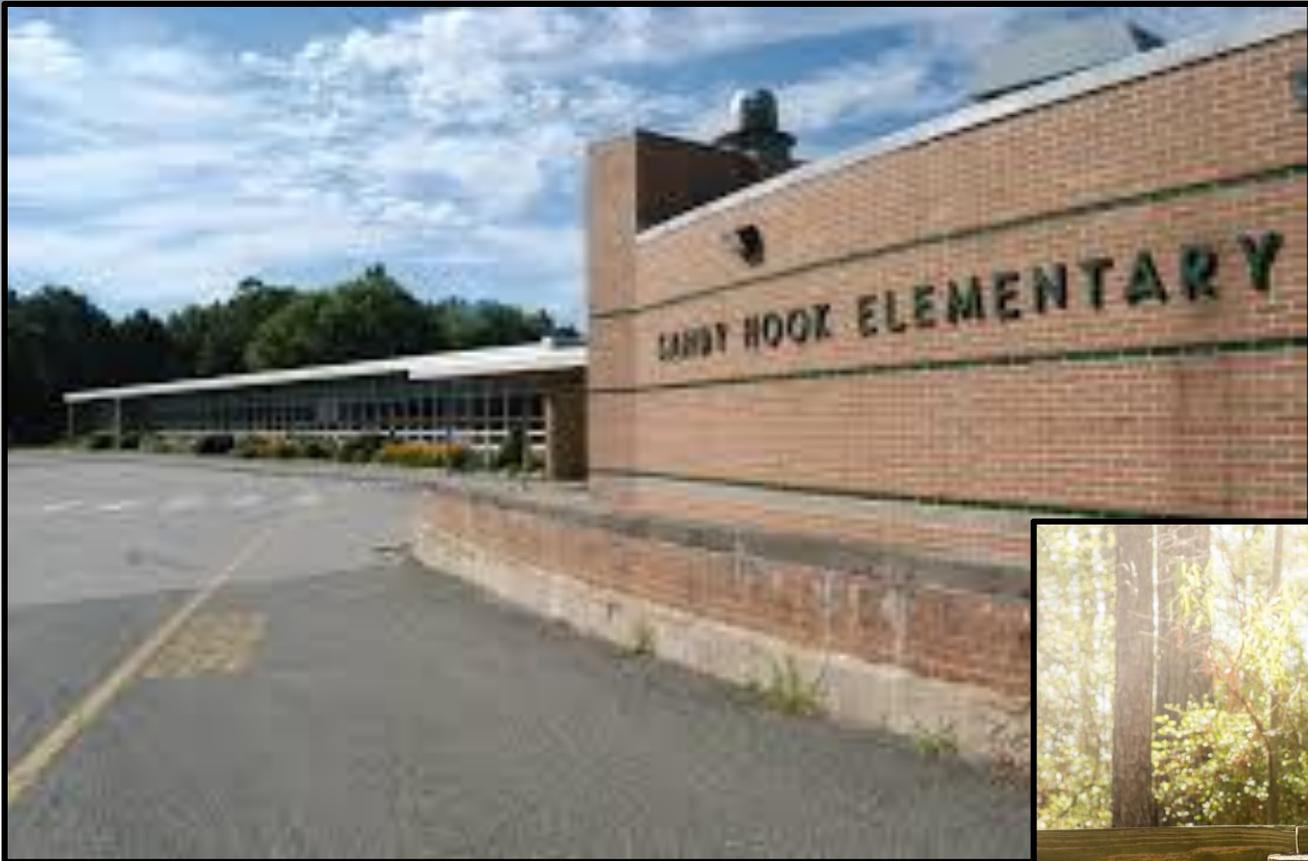
Introduce Yourself!

Welcome to Our Site

Introduction

History







People needed
to **come
together,**
grieve losses,
and **celebrate
lives.**

Definitions related to Care



The background is a solid purple color with several large, semi-transparent white stars scattered across it. The stars vary in size and orientation, creating a decorative pattern.

Community violence is
violence that happens *around*
you, but not *to* you.

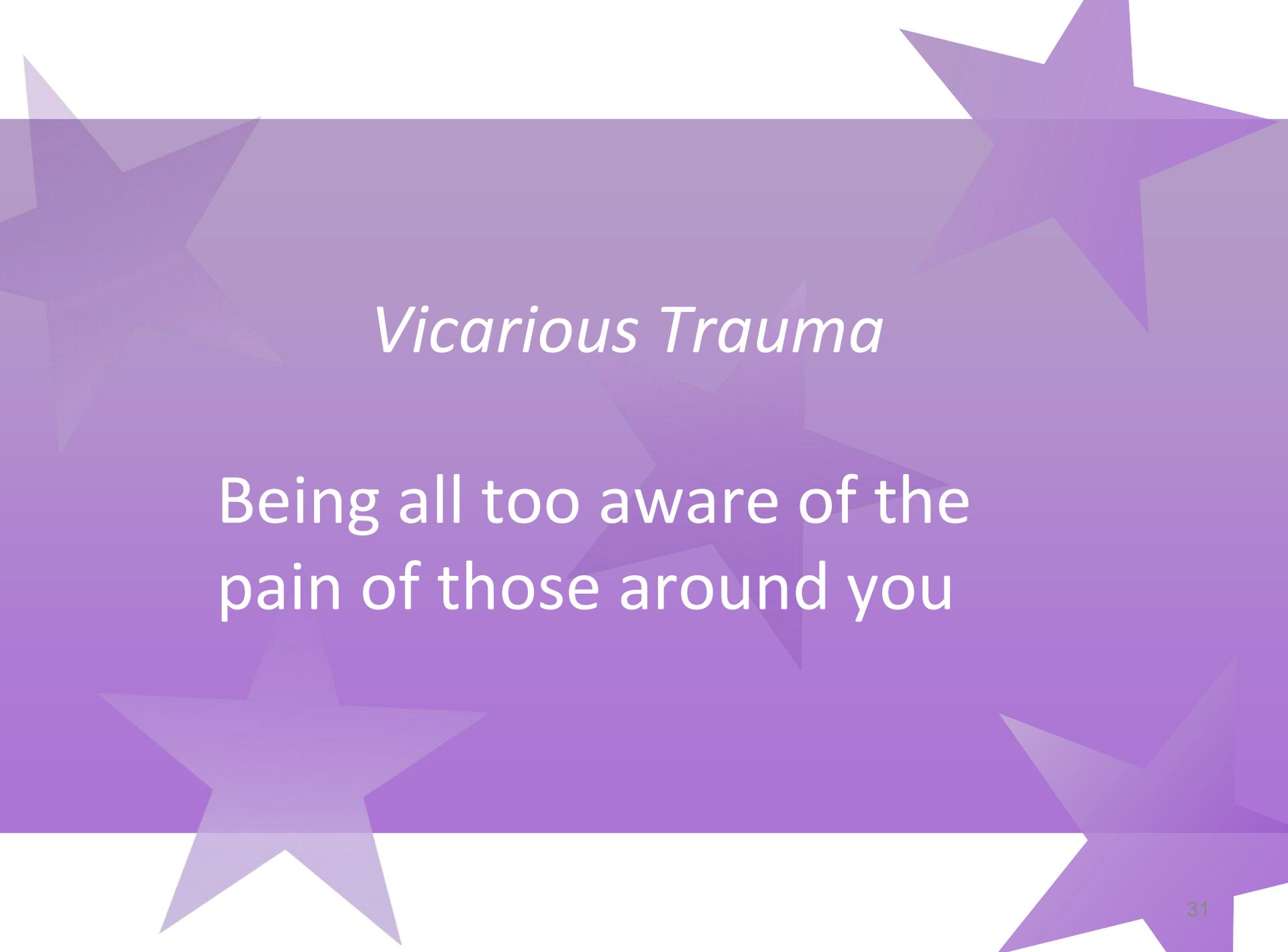


Hearing news of community violence affects each child differently.



Common signs of stress:

- “Clingy” behavior
- Changes in appetite
- Difficulty sleeping
- Regression (bed wetting)
- Aggressive behavior
- Withdrawal from social activities
- Trouble concentrating
- Disinterest in school

The background is a solid purple color with several large, semi-transparent white stars scattered across it. The stars vary in size and orientation, creating a decorative pattern.

Vicarious Trauma

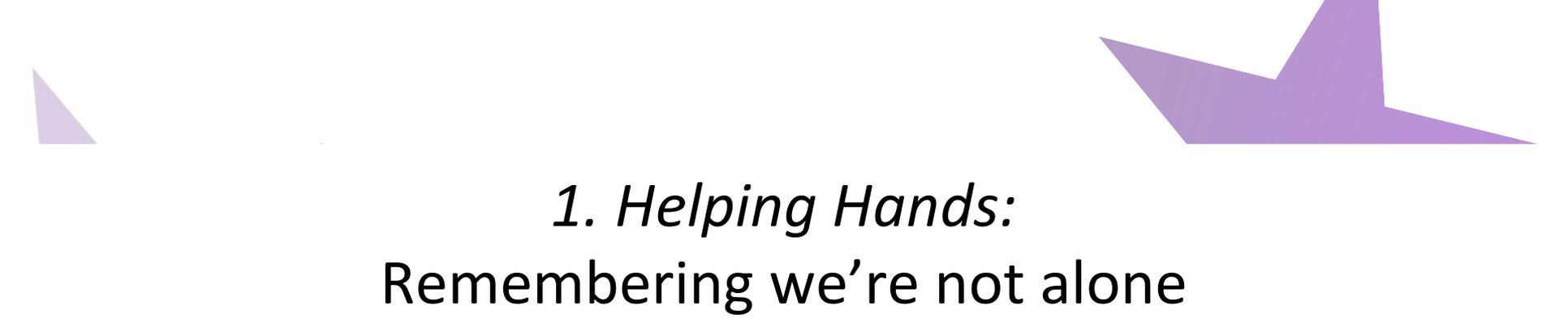
Being all too aware of the
pain of those around you

***H is for
Hands***



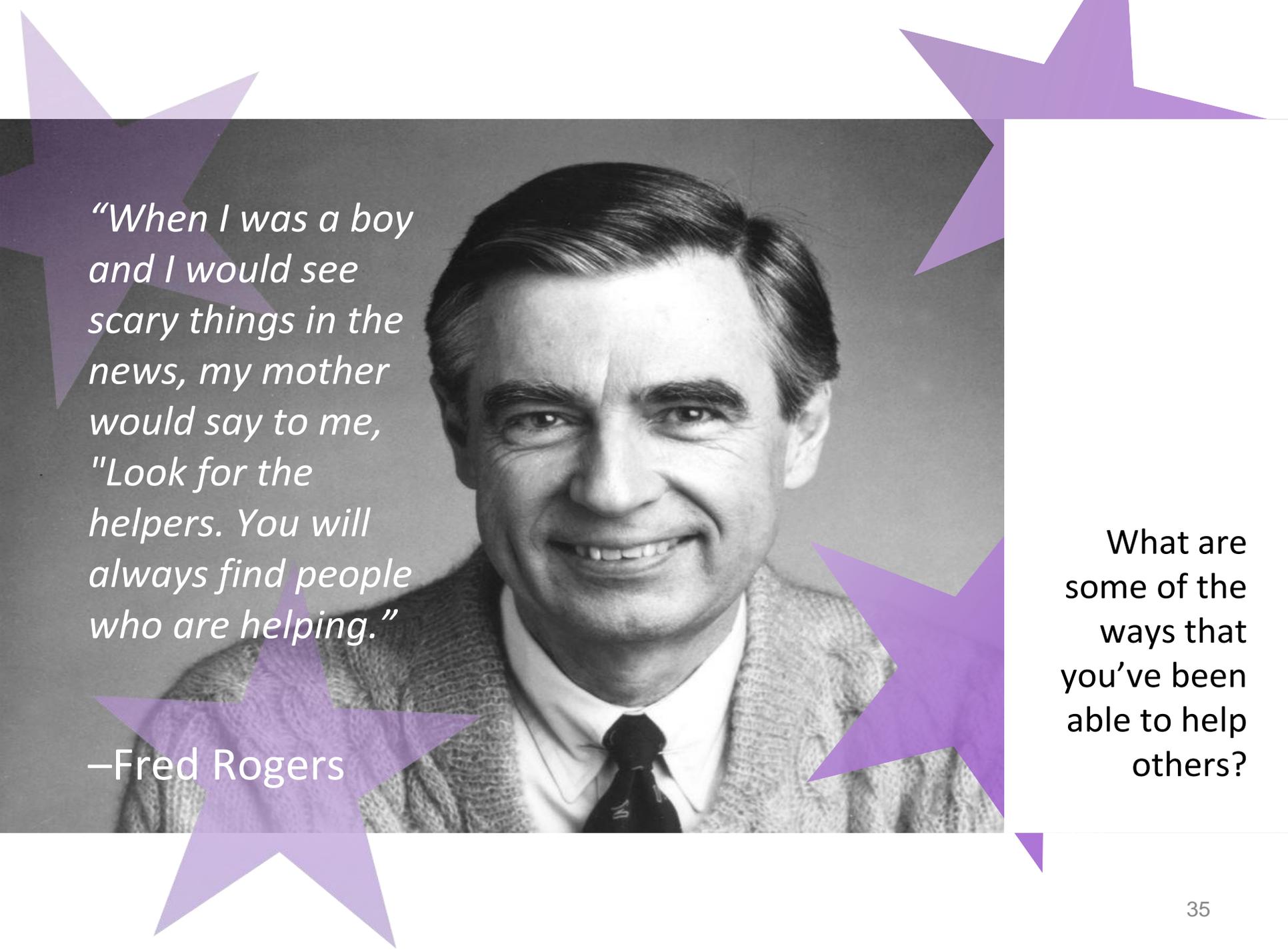
The 5 Ways to Help





1. Helping Hands: Remembering we're not alone

- Help kids focus on pro-social behaviors
- Reminder children that we reach out and stick together
- Together, we can stay safe and help each other



“When I was a boy and I would see scary things in the news, my mother would say to me, “Look for the helpers. You will always find people who are helping.”

—Fred Rogers

What are some of the ways that you’ve been able to help others?



2. *Hugs:* Feeling safe and secure

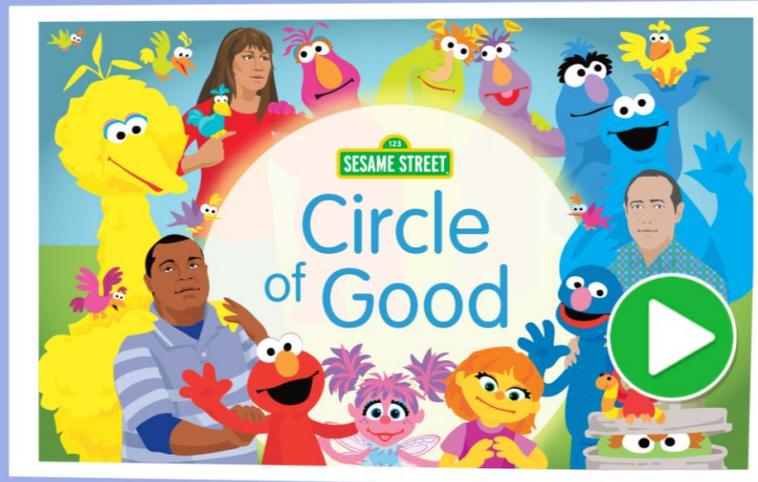
- Turn off the news
- Read the newspaper out of view
- Keep in mind that children may respond especially strongly to pictures of other children suffering
- Share ways to stay and feel safe
- Consider your own reactions
- Reiterate that you know how to keep them safe

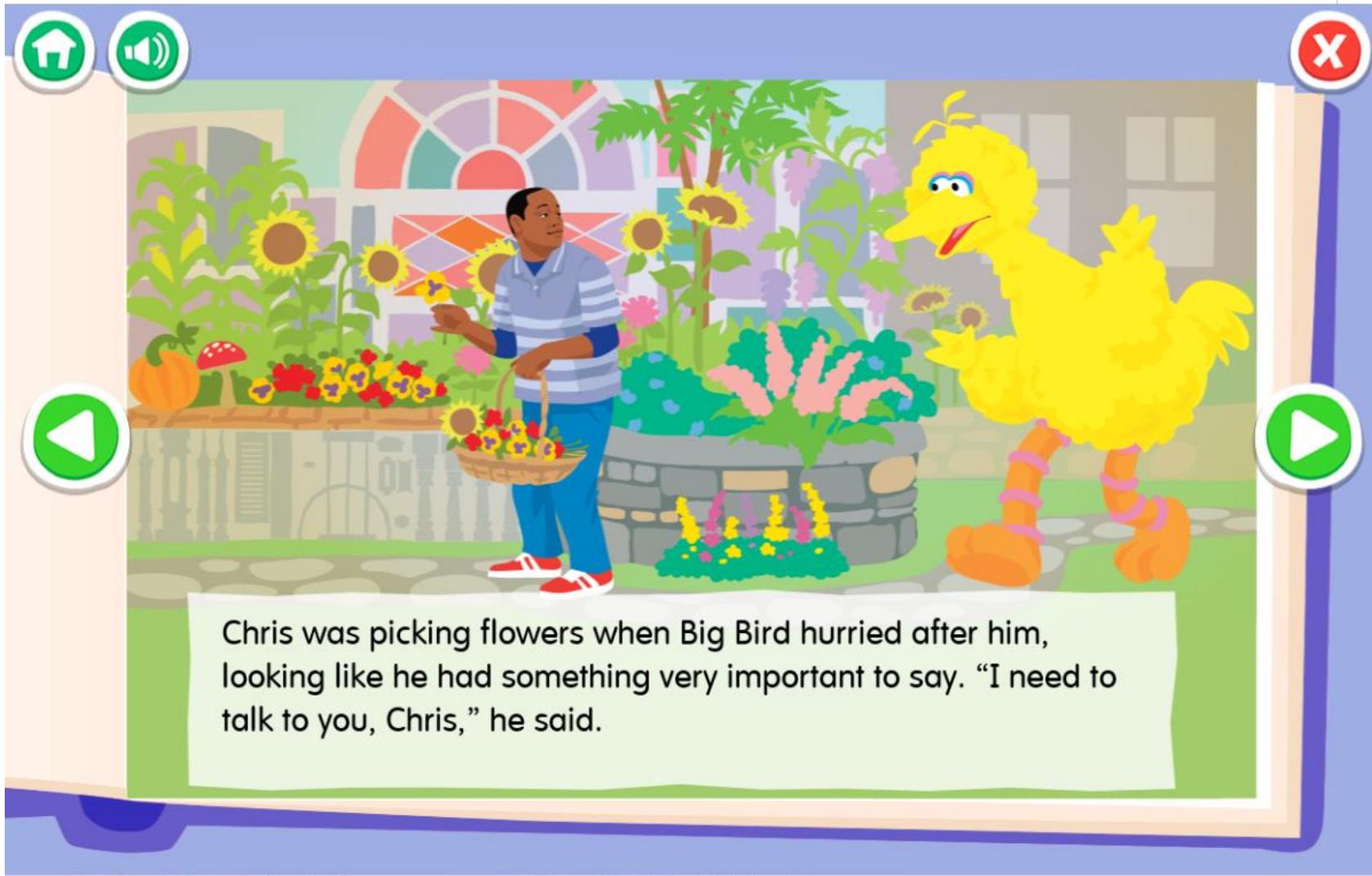




3. Hearts:

Appreciating the Power of Kindness and Compassion





Chris was picking flowers when Big Bird hurried after him, looking like he had something very important to say. "I need to talk to you, Chris," he said.



“Of course,” said Chris, setting down his basket. “I’m your friend. You can always talk to me, and I’ll always listen.”
“Oh, good,” sighed Big Bird.



“A bird-friend of mine from far away was flying over Sesame Street,” Big Bird said. “And she told me that something really bad happened.”

“Do you want to tell me what you heard?” Chris asked, listening closely.



“She said that back where she lives, there was a bird who hurt a lot of other birds very badly,” Big Bird said. “Why would somebody do that?”

“I heard that too, and I’m sad and angry,” said Chris.

“Sometimes others have a very rare sickness in their brains that makes them act in ways we don’t always understand.”





“What can we do for the birds to help them feel better?” asked Big Bird. “They must be feeling terribly sad and confused.”
“Great question,” said Chris. “You know what we can do? We can go visit the Circle of Good.”





“Sometimes when bad things happen, friends find good ways to help and show they care. Then we all gather together in a big circle,” said Chris.



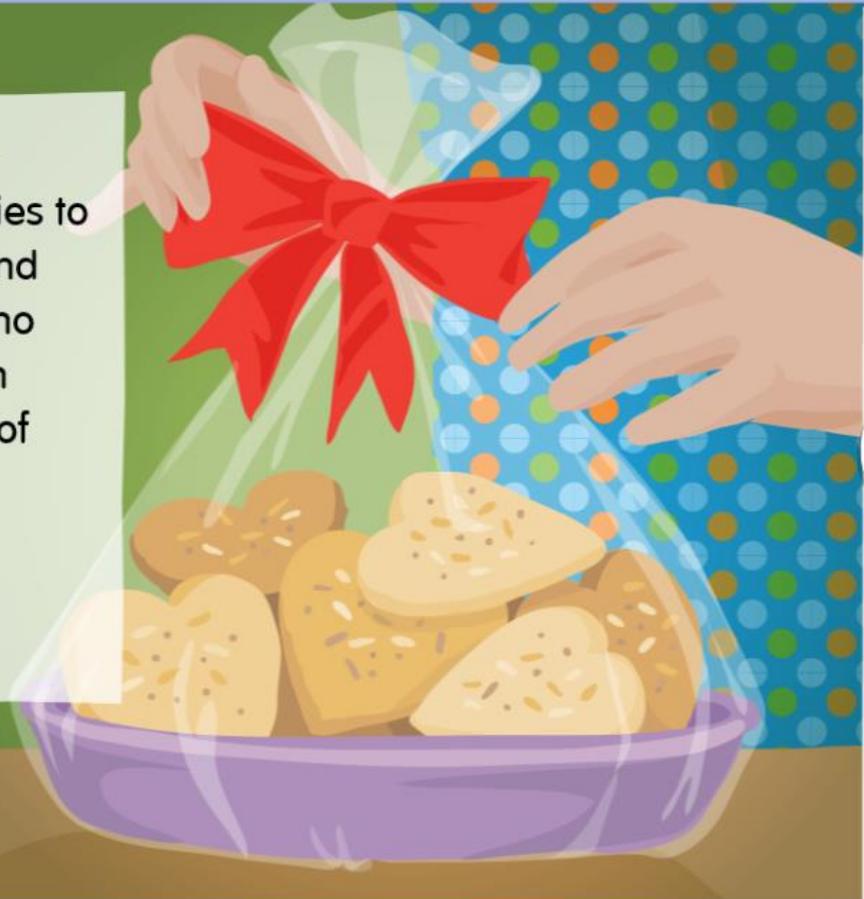
“Oh, I like the sound of that,” said Big Bird.
“That’s why I’m gathering flowers—to bring
to the Circle,” said Chris. “Let’s go look for
more goodness together as we walk over
there.”







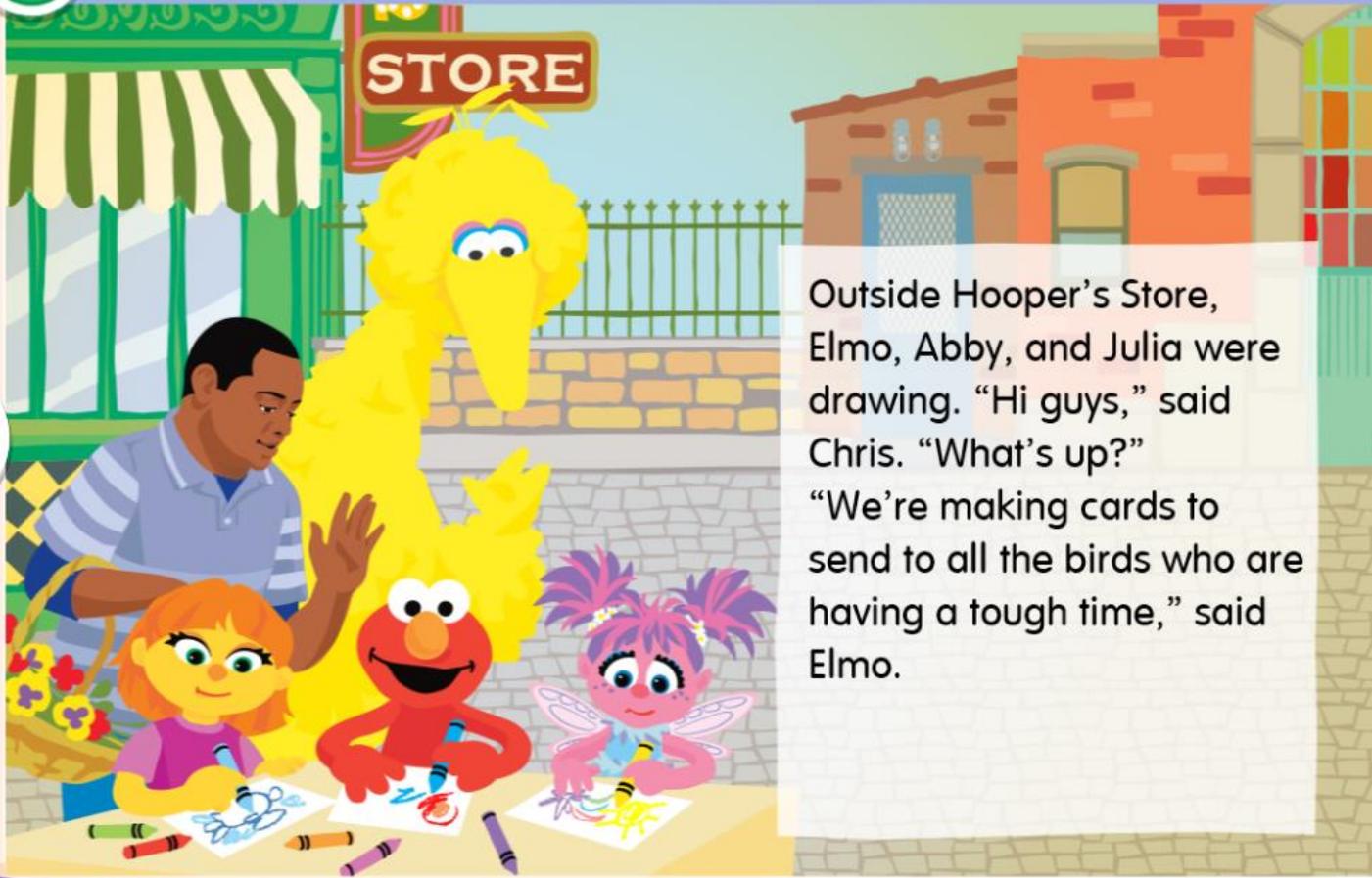
“Hi,” said Alan. “I’ve made birdseed cookies to send to the friends and family of the birds who were hurt, to let them know we’re thinking of them. They must be having lots of big feelings.”



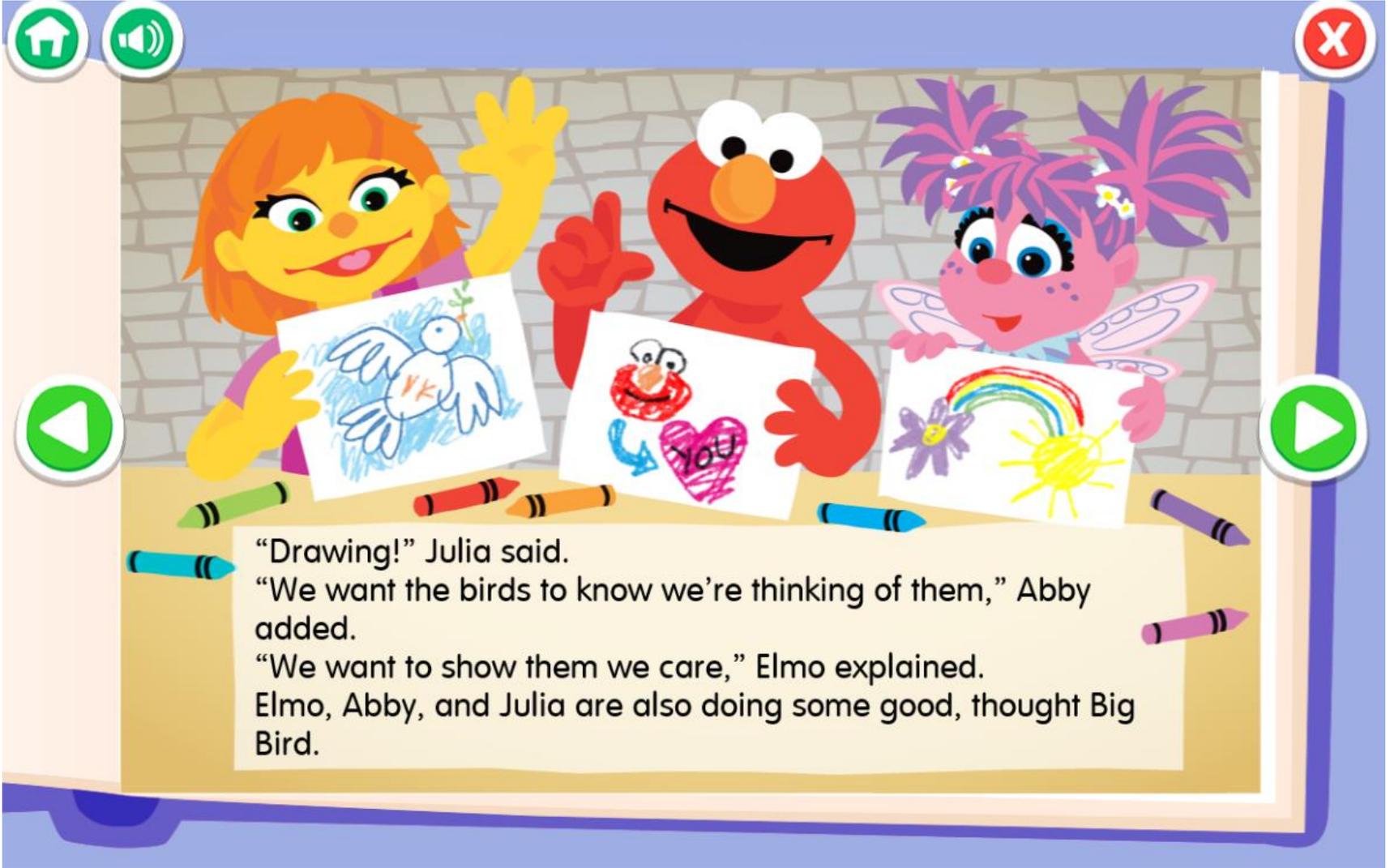


“I’m sure that will mean a lot to everyone,” said Chris.
“Yeah. It’s a really good thing to do, Alan,” Big Bird said.
Alan is someone who’s doing a little bit of good, thought
Big Bird.





Outside Hooper's Store, Elmo, Abby, and Julia were drawing. "Hi guys," said Chris. "What's up?" "We're making cards to send to all the birds who are having a tough time," said Elmo.



“Drawing!” Julia said.
“We want the birds to know we’re thinking of them,” Abby added.
“We want to show them we care,” Elmo explained.
Elmo, Abby, and Julia are also doing some good, thought Big Bird.



Next, Big Bird and Chris saw Sophia playing guitar and singing. “Hi, guys,” she said, “I’m writing a special song to sing at the Circle of Good.”



“Maybe we can all learn your song and sing it together,” Chris suggested.

“Yes!” said Sophia.

“So any bird who hears our song can come sing along with us.”

Wow, Big Bird thought. Sophia’s doing some good too.





Chris and Big Bird saw even more good as they walked.
Monsters were decorating a bird bath.



Even Oscar and Slimey were writing a poem for the birds.





Finally, they arrived at the Circle of Good. Some birds had come to visit Sesame Street. Chris gave out flowers. Everyone was singing.





“I get it,” Big Bird said. “Even when bad things happen, you can always look for the goodness.”

“Yes,” said Chris. “And the little pieces of goodness become one great BIG goodness when we all come together.”





“She said that back where she lives, there was a bird who hurt a lot of other birds very badly,” Big Bird said. “Why would somebody do that?”

“I heard that too, and I’m sad and angry,” said Chris.

“Sometimes others have a very rare sickness in their brains that makes them act in ways we don’t always understand.”



Explanations to consider

- Very rarely, a person has a sickness in their brain that makes them do terrible things
- It's not a sickness you can catch like a cold
- There are very few people who have this kind of sickness
- Sometimes a person who has never had anyone be kind to them will have trouble being kind to others.
- There's never a good reason to hurt others, though it sometimes happens.
- Even though we are hearing about this a lot right now, this type of situation happens very rarely.



Finally, they arrived at the Circle of Good. Some birds had come to visit Sesame Street. Chris gave out flowers. Everyone was singing.

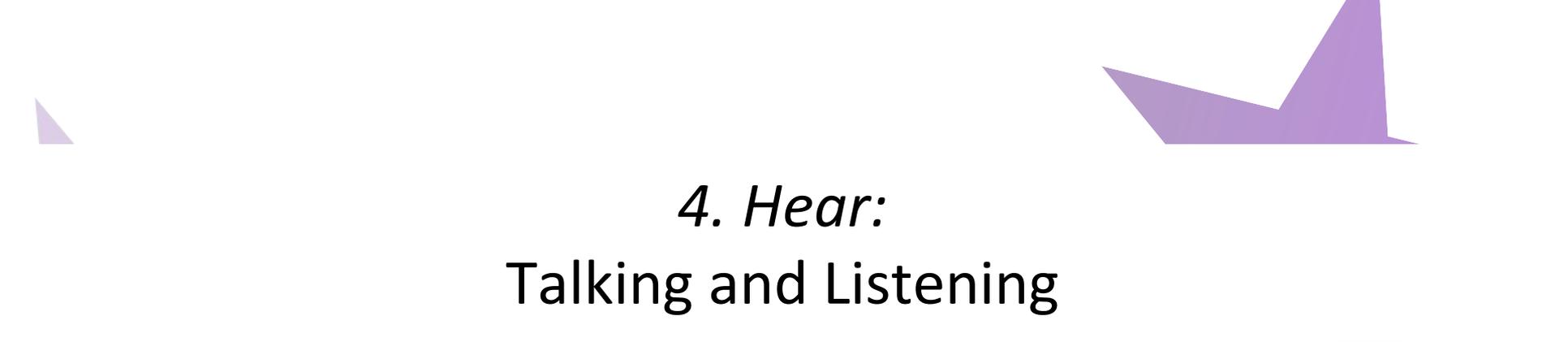




“I get it,” Big Bird said. “Even when bad things happen, you can always look for the goodness.”

“Yes,” said Chris. “And the little pieces of goodness become one great BIG goodness when we all come together.”





4. Hear: Talking and Listening

- Help them recognize, understand and label feelings
- Let them know it's good to ask questions



The Big Idea: When upsetting things happen around them, children may have tough questions—and it's hard to know the "right" answers. But there are age-appropriate ways to respond.

Troubling Times

Community Violence Age 2 to 6 1-4 Min

Children can ask some tough questions. They need to know if they are safe, if you are safe, and how recent disturbing events will affect their daily lives. Children may ask the same question several times—be patient and remember that by asking questions, they're letting you know they trust you.

Print and read this sheet with ideas on how to respond to tough questions. (Of course, you know your children best, so naturally you'll want to adjust what you say, especially depending on children's ages.) Consider talking to other adults about how they've explained the issues to their children, and to share your concerns and ideas.

Young children tend to confuse facts with fears, so don't give them more details than they ask for. Avoid sharing details such as the exact number of people who died or if the violence was coordinated, and try not to be too dramatic. If you're very upset and they notice, reassure them that you're sad about the news too, but that you'll be fine and you'll still be there to take care of them and keep them safe.

If the violence happened in a school, children might worry that the same thing will happen at her own school. Avoid sharing any concerns of yours. Instead, explain that these events are rare. Then describe ways that grown-ups in schools work to keep children safe (keeping the front door locked, requiring visitors to identify themselves and sign in, posting cameras at the entrances, and so on).



[Download printable](#)

Troubling Times

Answering Kids' Questions About Community Violence

These are hard days. Our world is full of scary and disturbing news about people harming others. It's tough to know how to explain these events to young children, or how much information to share. Community violence is violence that happens around you. It can happen in your own neighborhood, but because of media, it can be just as upsetting to watch it happening in other states or far across the world. After such an event, pay close attention to what kids are saying and listen to exactly what they're asking. Avoid exposing them to media or conversations related to what happened, particularly if they don't know what happened. Children's questions are key to know best how to engage in conversation and how much information to share. Start from there and let them know it's good to talk and ask questions—that helps them to share their feelings, express their fears, and cope. Some common questions (and possible answers) are:

What happened?

- A sad thing happened in _____. A person hurt other people. The police found the person so they could not keep hurting others.
- A lot of people are very upset, but a lot of helpers are there with them.

Why did these people do this bad thing?

- That's a good question. There is no good reason to harm other people.
- We don't completely understand why.
- These people have not learned to be kind to others.

Will the bad people come hurt us?

- I know how to keep you and our family safe, and everyone around us is working hard to make sure we stay safe. If the event happened far away, use the distance to reassure. Depending on kids' ages, you might show the location on a globe or map.

Will this happen again?

- It is very rare for this to happen. It does not happen very much. It's over now.

And it's okay to say...

- I'm not sure of the answer to that question. Let me think about it for a minute.
- I wish there was a good answer to that question, but we just don't know.
- I'm sad/angry, too. We all feel sad/angry.





Asking children what they've heard and what they think is always a good place to start.

- Avoid sharing similar concerns
- Reiterate that these events are rare
- Describe ways that grown-ups in schools work to make kids safe

Violence at School

5. Here...

- Parents can give children a comfort item
- Parents can hold hands and snuggle more often
- Choose at least one routine they can all count on to continue
- Try belly-breathing as a family



Taking care of yourself helps you be your best for others.



Little ones learn lifetime lessons by watching adults take care of themselves.

★  

The Big Idea: Taking care of yourself lets you be at your best for children when they need you most.

Self-Care: Digging Deep

Community Violence  Age 2 to 6  1-4 Min

Taking Care of Yourself and Your Family—During and After Violent Events in Your Own Community

When violence happens close to you, you are shaken to the core. It's extra important to take care of yourself so you can better comfort and protect children. Little ones learn lifetime lessons by watching their parents take care of themselves and build their own resilience.



In the Worst First Moments

- **“Dig deep”** for the best, strongest parts of yourself. This will help keep you steadier and remind you that you can keep it together for your little ones.
- **Be on the lookout** for first responders and aid workers, and get information about all the help that's available.
- **Know** that we're stronger together. If you're around people you don't know (or you don't know your neighbors), introduce yourself (maybe to other parents with children close in age to yours) and find ways to help one another.
- **Be patient** with yourself as you begin to cope with what has happened. Healing takes time.
- **Helping** others and being of service, even in small ways—and even when you're in need of help too—can make a difference in how you're feeling.

As Recovery Begins

- **Remind** yourself that this situation (and the way you feel right now) will not last forever.
- **Remember** that this experience can make you and your family stronger. Explain that to your children.
- **Comfort** yourself and your children in any way you can, such as singing special songs or wrapping



The 5 H's



- Look for first responders
- Embrace your own role as a helper
- Know that we're stronger together

Helping Hands

- Stay close to friends and family
- Give and receive as many as you need



Hugs

- Notice the kindness, compassion and empathy around you
- Offer comfort to children



Hearts



- Seek help from family and friends
- Remind each other that healing takes time

Hear

- Remember the power of routines and structure



- As much as you are able, make healthy choices

Here



6. Hope

Finding hope for the future

- Hope is a key piece of resilience
- Carries us through challenges, disappointments, anxieties, loss, and traumatic stress
- Helps us look forward to a brighter future
- Reminds us that there's always something we can do to help

**Ways to
use
resources**

I shared them with my preschool staff and have introduced them to families during parent gatherings. Camden, NJ experiences tremendous adversity, including community violence that permeates the environment. Our students are exposed to community violence and other social determinants of health.



Robin Cogan
Camden City School District

Additional Resources

Home > Offering Comfort

Offering Comfort

During tough times—both everyday challenges and more serious experiences—support from caring adults can offer children comfort and reassurance. But sometimes we need help showing we care in ways that help kids really feel it. It can help to reflect on how love was expressed to us growing up, so we can make choices about how to express it to our children now.

★ ☆ 📄

Offering Comfort

Watch later Share

Find an Activity

Discover printables, videos, and more on topics to help the families you work with.

Age Time Type Find

LOOPY FUZZY HUGS

Home > Traumatic Experiences

Traumatic Experiences

When a child endures a traumatic experience, the whole family feels the impact. But adults hold the power to help lessen its effects. Several factors can change the course of kids' lives: feeling seen and heard by a caring adult, being patiently taught coping strategies and resilience-building techniques, and being with adults who know about the effects of such experiences. Here are ways to bring these factors to life.

★ ☆ 📄

Traumatic Experiences

Watch later Share

Find an Activity

Discover printables, videos, and more on topics to help the families you work with.

Age Time Type Find

App

Breathe, Think, Do with Sesame
Help a monster friend with big feelings learn to calm down and solve everyday challenges.

Get Now: [App Store](#) | [Google Play](#) | [Amazon App Store](#)



Keep in touch with us!

Email: communities@sesame.org

Facebook: [@SesameStreetinCommunities](https://www.facebook.com/SesameStreetinCommunities)



FAMILY DEVELOPMENT

Military Families Learning Network

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Evaluation and Continuing Education Credits/Certificate

MFLN Family Development is offering 1.5 continuing education (CE) credits from the University of Texas at Austin – Steve Hicks School of Social Work for today’s webinar.

Please complete the evaluation and post-test at:

https://vce.az1.qualtrics.com/jfe/form/SV_bPdhx2y21zAQ0pT

Must pass post-test with an 80% or higher to receive certificate.

We are also offering 1.5 clock hours for Case Managers from the Commission for Case Management Certification as well as certificates of completion.



KIDS SERVE TOO!

DEC
06

Sesame Street Overview on Military Resources

11:00 a.m. – 12:00 p.m. Eastern

JAN
17

Safe and Sound: Caring in Our Community

11:00 a.m. – 12:30 p.m. Eastern

APR
19

Home is Where Your Heart Is

11:00 a.m. – 12:30 p.m. Eastern

JUL
10

At Our Best: Caregiving Today

11:00 a.m. – 12:30 p.m. Eastern

NOV
14

Engaged and Extraordinary: Supporting Young

Children with Special Needs

11:00 a.m. – 12:30 p.m. Eastern

2018

2019

Family Development Upcoming Event

Home Is Where Your Heart Is | Kids Serve Too!

- Friday, April 19, 2019
- 11:00 am – 12:30 pm Eastern
- militaryfamilieslearningnetwork.org/event/29430/

For more information on MFLN Family Development go to:

<https://militaryfamilieslearningnetwork.org/family-development/>



MILITARY FAMILIES LEARNING NETWORK

Find all upcoming and recorded webinars covering:

Personal Finance
Military Caregiving
Family Development
Community Capacity Building
Family Transitions
Network Literacy
Nutrition & Wellness

militaryfamilieslearningnetwork.org

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