



# Resources for Military Families

**Welcome!** As a military family, you are extraordinarily dedicated, strong, and resilient. You can celebrate your strength! And whether your family is near or far, this free Web site in English and Spanish can help bring you closer together. [FamiliesNearAndFar.org](http://FamiliesNearAndFar.org) offers lots of resources to help you and your family create, communicate, and connect.





The Sesame Street friends and the Electric Company gang are here with tons of resources and tools to help you and your preschool or school-age child with the big three Cs: create, communicate, and connect.

**Create!** Creativity is an important element in your family's life as you celebrate and thrive during transitions. Your whole family can get creative with writing, drawing, and music-making.

- As a family, you can create your own network and unique online profile. On your family network, you can share everything everyone is creating. There are even tools to create a family scrapbook.
- Use the "Write!" feature to compose notebook entries about your personal heroes.
- Use the map in the "Create Art!" feature to record the places your family has been and the places you'd like to go.
- Use the "Make Music!" feature to remix *The Electric Company's* "Let It Out!" song. Record your own feelings in words or sounds, and add them to the mix.





**Communicate!** Staying in touch in different ways across the miles can be a comforting and powerful experience for both you and your child. And reading and writing aren't the only ways to communicate!

- You can make greeting cards, create personal messages, and record notebook entries. There's a wide range of emoticons to express feelings.
- Check out the downloadable *Talk, Listen, Connect* Magazine for Parents that describes new, inventive ways to communicate.
- The cast of *The Electric Company* helps make self-expression fun and easy for school-age children. Listen to *The Electric Company's* "Let It Out!" song and have your child choose a word from the song for how he is feeling.

**Connect!** It's important to stay connected not just to your loved one far away but also to each other at home and within your support network.

- 🔗 *The Electric Company Magazine Special Edition for Military Families*, a downloadable publication, contains activities that can get your child thinking, writing, and talking about her feelings.
- 🔗 Together, watch the videos in the "Self-Expression" section of the Resources for Grown-ups page. Learn the "Let It Out!" song and sing it together.

# Apps for Military Families

There are two apps available on the Android Market app store: one for school-age kids (“Feel Electric!”), and one especially for adults (“Military Families Near and Far Resource App”). Here is what they contain:

## FEEL ELECTRIC!

- ★ 3 vocabulary-based games
- ★ a digital diary
- ★ a glossary of 50 emotion-related vocabulary words and definitions
- ★ 10 zany story-makers
- ★ hosts Jessica Ruiz and Danny Rebus
- ★ a library of Electric Company music, photos, and videos
- ★ a way to add your own music, photos, and videos
- ★ a way to create your own “mood dude”
- ★ a fun point system and scoreboard
- ★ an interactive “moodosphere” that helps kids express how they are feeling

## MILITARY FAMILIES NEAR AND FAR

- ★ content to help your family navigate issues around deployments, homecomings, self-expression, injuries, and grief
- ★ videos, articles, and printable materials for you to use with your child at your discretion

## AND TRY THIS!

- ★ Use the “Feel Electric!” app on the go when you’re waiting in line at the supermarket or at a bus stop — whenever you have a spare moment.
- ★ After using the app, look through a family album and describe family members’ faces, and name their feelings. Use the app as a conversation starter (“Why do you think he felt that way?”).
- ★ After playing with the app, play a game of emotional charades: You act out a “feeling word,” and your child guesses what it is. Then switch places!



PROVIDED IN COOPERATION WITH



**DEFENSE CENTERS OF EXCELLENCE**  
For Psychological Health & Traumatic Brain Injury

sesame  
workshop.



**Military Families**  
Near and Far

[www.FamiliesNearAndFar.org](http://www.FamiliesNearAndFar.org)