

# Military Kids Move Too!

## INTRODUCING THE BIG MOVING ADVENTURE APP

**The Need:** The average military child moves about 6 to 9 times between kindergarten and high school. Moving can be stressful for all family members, but children are especially vulnerable to changes in routine and environment. It is normal for a move to arouse insecure feelings, new worries, and new fears in a child. Maintaining familiar routines and letting the child know what to expect can help her to feel secure, prepared, and excited about the move, as well as help her adjust to the new environment.



### The App

The **Big Moving Adventure** is a **FREE** mobile app created to help children prepare for any type of move, whether it's across the country or down the street.

With this new mobile app, young children (ages 2–5) can create a Muppet friend and help him or her through the moving process, including:

- Hearing the news
- Packing
- Saying goodbye
- Expressing feelings
- Traveling
- Exploring the new home
- Making new friends

**Participating in the Muppet friend's move will help to familiarize the child with the moving process and let her know what to expect. This can ultimately help her feel more secure and comfortable with the idea of moving.**

**During the app experience, users will be able to:**

- Customize a Muppet friend and help him/her move to a new home.
- Decide which toys and books to pack in a box, and which special comfort items to bring along in a backpack.
- Explore different ways to say goodbye to people, places, and things at the old home.
- Choose how the Muppet friend could be feeling about the big move.
- Color in a postcard from toys as they travel on the moving truck to the new house.
- Explore the new home and unpack toys and books from the moving truck.
- Meet new friends at the new home, including some familiar, furry faces!

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## SESAME STREET'S INITIATIVES FOR MILITARY FAMILIES

The Big Moving Adventure is part of Sesame Street's robust initiative for military families, which features multimedia tools to help young children and their families cope with the transitions that are part of military life. Other resources in this initiative include Talk, Listen, Connect: Deployments, Homecomings, and Changes; Talk, Listen, Connect: When Families Grieve; the website [FamiliesNearAndFar.org](http://FamiliesNearAndFar.org); and two other mobile apps: Feel Electric! and Sesame Street for Military Families.

### ABOUT T2

The National Center for Telehealth and Technology (T2) researches, develops, and deploys technologies for Psychological Health (PH) and Traumatic Brain Injury (TBI) to promote the resilience, recovery, and reintegration of warriors and their families.

Our mission is to lead the development of telehealth and technology solutions for Psychological Health and Traumatic Brain Injury to improve the lives of our nation's warriors, veterans, and their families.

We strive for our nation's warriors, veterans, and their families to have improved lives through access to and use of tested interventions to prevent, treat, and mitigate the adverse psychological health and TBI effects of war.

## Helping Children

Moving may bring about many big feelings for a young child. She may feel sad to leave her friends, but also feel excited to start a new school. All of these feelings can be overwhelming. The Big Moving Adventure mobile app provides the opportunity for a child to select how her Muppet friend is feeling about different parts of the move, and learn about things that she can look forward to in her new home. Additionally, the app models ways to say goodbye to people and places, as well as strategies for making new friends. The actual process of moving can often be stressful for a young child, so the app shows children some of the things they can expect during important steps in the process, such as packing, traveling over a distance, and getting used to a new room.

## Helping Parents

A move can often be stressful for the parent, who is coordinating the move for the family as well as caring for the child while trying to maintain routines. The Parents Section of the app contains more detailed tips and suggestions to help parents who are in the process of relocating their family, as well as strategies for managing their own stress and big feelings throughout the process. A parent is a child's biggest role model. If the child sees that her parent is positive and optimistic, she'll be much more likely to feel that way too.

