

NETWORK NEWS

UPCOMING EVENTS:

MAY 6 A Primer in Telehealth Services for Providers, Caregivers & Individuals
11:00 am - 12:00 pm ET

May 19 Enhancing Health and Wellness with Probiotics
11:00 am - 12:00 pm ET

MAY 20 Considering the Adolescent Brain
11:00 am - 12:30 pm ET

JUN. 10 Ideas for Implementing Triadic Strategies: Putting It Into Action!
11:00 am - 12:30 pm ET

JUN. 15 Your Money, Your Clearance
11:00 am - 12:30 pm ET

JUN. 30 Back to School 2021 - Getting Ready for Virtually Anything
11:00 am - 12:00 pm ET

Resource Discovery: Sesame Street's New Coming Together Initiative

Recently, Sesame Street launched a new suite of resources developed on racial justice. Sesame Street's new Coming Together initiative focuses on discussions around racism. Sesame Street has introduced two new characters, Wes and his father Elijah, as part of their new "ABC's of Racial Literacy" series.

In one of their introductory videos, Elmo, Wes, and Elijah have a conversation explaining what race is. During the conversation, Elijah tells Elmo,

"The color of our skin is an important part of who we are, but we should all know that it's okay that we all look different in so very many ways."

The free, open-access digital resources are constructed to address racism, racial literacy, and how racism impacts everyone. Sesame Street continues its commitment to a research-based curriculum for strengthening individual, family, and community resilience and empathy. Resources include:

- Videos
- Printable activities
- Guiding conversation prompts
- Articles
- Workshops

These lessons and resources have been carefully created using a Racial Justice educational framework.

A Lifelong Journey

Anti-racist work is a lifelong journey and we all play a role in addressing and standing up against racism. Patricia Taylor—mom, educator, and activist—emphasizes this message: "For the rest of our lives, we get to partner together to make it a better place for everyone."

Having conversations on these important topics can often be tough, and Sesame Street has

worked to create workshops that focus on skills for parents to talk about racism. Visit the Helping Parents Talk About—and Stand Up Against—Racism to watch discussions from experts to guide parents in becoming comfortable with these discussions.

Continuing to Create a Kinder, More Fair World

Sesame Street will continue to provide new resources as this ongoing Coming Together initiative continues to grow! This series is a part of Sesame Street in Communities. For professional development opportunities from our MFLN collaboration with our friends at Sesame Street for Military Families, visit our Kids Serve Too! series homepage! You can also view our most recent webinar, Sesame Street and You: Caring for Each Other During COVID-19 and Other Emergencies, and obtain free continuing education credit!

Stay tuned, as our MFLN teams will be continuing our collaboration with Sesame Street. We'll welcome back the Sesame Street team to discuss the Coming Together initiative and resources for military families and communities!



Military Family Readiness Academy | Courses

Did you miss the inaugural Military Family Readiness Academy series, *Disaster and Hazard Readiness Foundations*? It focused on the unique needs of military families in the context of disaster and hazard readiness.

Find all three courses for this series by visiting the homepage!

[NEWSBITES]



Children and Money: Building Financial Capability

Children learn about money from those around them. Parents are generally a child's greatest financial influence. This post provides ten ideas for Personal Finance Managers (PFMs) to share with the military families they assist.

Intuitive Eating for Improved Health and Wellness

This blog post provides some potential benefits and 10 principles of intuitive eating. Discover how intuitive eating may impact military families, service members and veterans.

Centers for Independent Living: Preventing Abuse, Neglect & Exploitation

Watch and listen as video blog host Lakshmi Mahadevan, Ph.D., speaks with Pat Morse, LMSW, about the importance of Centers for Independent Living (CILs) and highlights specific topics and resources for parents and caregivers.

Adapting Child & Youth Programming During COVID - An Interview with Laura Groeneweg

This interview with Laura Groeneweg, Child & Youth Services Lead with the Minnesota Army National Guard Child and Youth programs, highlights how the Child & Youth staff have been providing robust programming for military youth across the state in new and different ways.

Aging with Disabilities: Caregiver & Family Support Roles | PCS Caregiving

In this episode we continue our conversation on Aging with Disabilities and focus specifically on the role that caregivers and family support play in caring for not only aging adults, but also individuals with intellectual developmental disabilities (IDD). In this episode, Andrew Crocker, Senior Extension Program Specialist in Gerontology and Health at Texas A&M AgriLife Extension Service, discusses differences between caregivers of aging adults and those with IDD and formal and informal assistance. Crocker also offers tips on planning for care recipient's needs, caregiver identity discrepancy, and strategies to support caregivers and family support providers.

[Listen to this episode!](#)

New Podcast Episode!



How Networks Can Help Reduce Stress

In this episode, Naava Frank and Ziva Mann, authors of the article "How to Reduce Stress and Increase Learning: The Power of Professional Networks," join Jessica and Bob to discuss how our network connections can help support us in difficult times. Naava is the director of Knowledge Communities where she consults to foundations and non-profits to launch and support the growth of networks and communities of practice. Ziva is the Director of Assessment and Development at Ascent Leadership Networks, where she assesses leaders and helps them and their organizations develop in the ways that matter most. In this episode, they talk about why they wrote the article, share stories of how networks have helped people support each other, and provide their unique insights into connection, community, learning, and more.

[Listen to this episode!](#)

