



# Provider Guide

## COVID-19 Resources for Military Families

### WELCOME

The Coronavirus pandemic has impacted all families in so many ways. Military members and their families face unique challenges, such as extra time apart as a result of quarantine regulations. You play an important role in helping families navigate policy changes, and we've created resources to support your efforts. **As part of our organization-wide initiative, *Caring for Each Other*, we've designed a digital resource bundle specifically for military families. This guide gives an overview of the available resources and provides tips for sharing with families.**

### Bundle Resources

**A Message for Families from Louie and Elmo** In this video, Louie and Elmo offer a message of thanks to military families for their continued service throughout the pandemic.



**A parent article from Dr. Kelly Blasko**

In this article, Dr. Kelly Blasko, a counseling psychologist in the Defense Health Agency, offers suggestions to help military families navigate the ever-changing landscape of Coronavirus-related restrictions and regulations.



**Social media graphics featuring Katie** These graphics continue Katie's story on social media and offer opportunities for families to share their own experiences.

**A new animation featuring Katie** When Katie and her mom are far apart, they use strategies such as video chats, air hugs and special love notes to stay connected.



Visit: [SSIC.org/MilitaryServiceDuringCovid19](https://SSIC.org/MilitaryServiceDuringCovid19)

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## Sharing these Resources with Families



## Tips for Sharing

- **Watch and Talk.** Invite families to watch the videos and talk about their experience during the pandemic. *What's been different? What's remained the same? What are they proud of?*
- **Get Social.** Share images and links to these resources on your organization's social media pages. Invite families to share their stories and family pride.
- **Print and Plan.** Use the article and activity page to help families make a plan for navigating changes, and explore the artmaker to help them celebrate accomplishments, big and small!

## More Resources

### A Hero Lives Here Interactive

Creating and sharing art can help children celebrate their very own superheroes for health, including their military family members.

Military families have so much to be proud of. Children can create art to show their pride, then families can print their work to display on windows or doors for all to see.



### Social media graphics to say, "Thank you!"

These graphics provide a way to give a Muppetty thank you to those serving our country!




Children can create their own special messages of thanks, and parents can print their work or share it digitally with friends and family.

### Printable activities

Use these printables to help children express their big feelings and show others how much they care.



caring for each other

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