

## LITTLE children BIG challenges: divorce



### The Need

Divorce is one of the most common major transitions in children's lives, with ultimately 40 percent of all children experiencing the divorce of their parents.<sup>1</sup> With *Little Children, Big Challenges: Divorce*, Sesame Workshop has created much-needed resources for families with young children (ages 2–8) as they encounter the tough transitions that come with divorce.

### The Project

Little Children, Big Challenges: Divorce is designed to:

- Provide tools and language to help young children (ages 2–8) cope with and understand divorce at an age-appropriate level.
- Aid families in communicating and expressing feelings around divorce.
- Reassure children that they will be cared for, and that—together with their families—they can learn ways to adjust to their new life and have hope for the future.

<sup>1</sup> National Institute of Mental Health (2002). Preventative sessions after divorce help protect children into teens [Press release]. Retrieved from <http://www.nimh.nih.gov/science-news/2002/preventive-sessions-after-divorce-protect-children-into-teens.shtml>



LITTLE children  
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## Project Components

- Multimedia resource kits that include:
  - A *Sesame Street* DVD featuring a Muppet story about divorce and live action films with real families sharing their experiences around divorce.
  - A parent/caregiver guide.
  - A children’s storybook called *Two-Hug Day*.
- A mobile resource app called the Sesame Street Divorce App.
- An online toolkit at [sesamestreet.org/divorce](http://sesamestreet.org/divorce) that includes:
  - Online versions of all resources.
  - An Extended Family and Friends tip sheet.
  - Webinars and online discussion sessions geared towards service providers and families.
- A Facebook page called Sesame Street in Communities.

## Distribution and Integration

Little Children, Big Challenges: Divorce resource kits will be distributed to military and veteran families through partnerships with Military OneSource, Department of Veterans Affairs, The USO, and The Military Child Education Coalition. Partners from the public at large will include parenting, child-care, health, education programs, social work organizations, counselors, and psychologists. The initiative will guide partners and their networks as they integrate multimedia materials into their existing programs. For military families, please contact Military OneSource at [militaryonesource.mil](http://militaryonesource.mil) for kits.

## Project Supporters

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