

families stand together™

Feeling Secure in Tough Times

To help families navigate these tough times, *Sesame Street* presents **Families Stand Together**, a bilingual (English and Spanish) outreach initiative with useful strategies to help your family talk, come together, and reach out for help. Try these useful tips and you will find that, with honesty, resourcefulness, and most importantly, togetherness, your family can overcome any challenge.

To access activities, tips, and more resources, visit sesameworkshop.org/toughtimes.



Family Time

- **Talk with your children about what is happening.** Tell them if you have lost your job or you need to move. From time to time, meet as a family to keep the communication going.
- **Explore the difference between *needs* and *wants*:** Needs are basics, such as food, water, and electricity. Wants are extra things, such as a new toy or video game, which people would like to have but without which they would still be OK. Curb your children's expectations and let them know that although you may scale back on the things they want, you will always provide them with the things they need.
- **Have fun and spend time together!** Look for local free events or have a weekly family night to play board games or watch a movie at home.

Handling Your Financial Needs

- **Pay close attention to your spending.** Keep receipts for everything you buy, review them, and then make decisions on which items to cut back. You could also compare a list of your needs with the items on the receipts in order to prioritize your spending.
- **Try some of these ideas to help you scale back:**
 - Clip coupons you find in the newspaper, the mail, at the store, or online.
 - Create a lending club with a group of friends to share music, books, videos, clothes, and even toys.
 - Try taking a public bus or train, riding a bike, or even walking when you need to travel a short distance.
- **Look for help if you are having difficulties meeting your family's needs.** Find out about resources available in your area; call your town's 211 or 311 number.



Hello, everybody!

It is I, your cute, furry, multi-talented pal Grover, here with an itty-bitty secret to finding a new job: Try on many different hats!

On the Job Hunt

- **Update your resume regularly** so it includes simple and easy-to-read information about your most recent job, volunteer work, or newly acquired skills.
- **Go for interview skills training**, which can build your confidence.
- **Try to be flexible** when thinking about the types of jobs or positions to pursue. Consider jobs that are different from previous positions or that use your skill set in a different way.
- **Network, network, network!** Use tools to connect with other people, such as LinkedIn or even Facebook. Consider sending your resume and cover letter to your personal contacts who may know of possible job openings.
- **Be patient and persistent** when job hunting. Remember, job hunting takes time, so try to stay positive and confident in your knowledge and skills.

A creation of
sesameworkshop.
 The nonprofit educational organization behind Sesame Street and so much more

This initiative is made possible by generous support from the Corporation for Public Broadcasting.

