



onlinehulp-apps

Description of app in the Flemish Appstore for well-being and mental health:

<https://www.onlinehulp-apps.be/>

version: 13.3.2023

Breathe with Sesame



Where is the app available?

	platform	URL
X	iOS (Apple)	https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597
X	Android	https://play.google.com/store/apps/details?id=air.com.sesameworkshop.ResilienceThinkBreathDo&hl=nl

What is the app's uniqueness?*

Breathe, think, do with Sesame uses games to teach young children how to deal with small and large everyday situations.

MORE EXTENSIVE DESCRIPTION

Subtitle:

Learn problem solving through small games

Description:

This app teaches young children to develop strategies to deal resiliently with big and small challenges throughout the day. The focus is on developing resilience and taking on challenges together.

In the parent section of the app you get tips on how you as a parent can help your child to take on these challenges. You can find information there and more videos and songs that you can watch with your child.

Whom is this app for *

For children from 2 to 5 and their parents.

What is the purpose of this app?*

Learning problem-solving skills in 3 steps: breathe to calm down, thinking about plans to solve the problem, and deciding what plan to try out.

What can you do with this app? *

Via this app you can do games with your child to develop problem-solving skills, for instance on putting on clothes, waiting, going to bed, etc. 3 steps are being taught: breathe to calm down, thinking about plans to solve the problem, and deciding what plan to try out. Via videos and small games, your child will practice these steps again and again, by helping the monster in recognisable situations.

Additionally, as a parent you can read tips to support your child in these situations. In the parent section, you will also find extra videos and songs on specific themes that you can watch with your child.

What does it cost to use this app? *

Free

Who is the supplier of the app?

Sesame Street

<https://www.sesamestreet.org/>

Release: 09/12/2013

QUALITY ASSESSMENT

In the app store, we include the most important notes of attention on the quality of the app. These are distinct strengths of the app as well as possible weaker aspects. We do not include what is just okay.

On the app TRANSPARANCY

What are the most important strengths of this app if you focus on transparency?

- The app has a clear-cut goal. As the app's target group is young children, it is interesting that it is focussed on teaching specific skills.

On the ACCESSIBILITY of the app

What are important strengths of this app if you focus on accessibility?

- The app is well adjusted to the target group: the situations and plans for solutions are tailored to the imagination of the young child
- The app uses mostly images – illustrations and videos – and spoken text, so it is very suitable for young children who cannot read yet.
- You will get oral assistance for what you have to do. The instructions are repeated if you do not know what to do.
- The app can be personalised, by recording the instructions in your own voice as a parent, or that of your child.
- In the parent section of the videos, there is attention to diversity, so they will appeal to various groups.

What are important weaknesses of this app if you focus on accessibility?

- The app is only available in English and Spanish

On the RELIABILITY of the app

What are important strengths of this app if you focus on reliability?

- The app was developed through academic research and is based on well-known theories on children's problem-solving skills.
- The app is supported by various organisations that are well-known in the US for their work with children and youths.

What are the most important weaknesses of this app if you focus on reliability?

- The developer of the app is located in the US, so they do not have to follow the European GDPR legislation. But the app does provide an extensive privacy policy (available in the parent section of the app) and meets the rules on privacy for minors in the US.

FOR PROFESSIONALS

There is a link with extra material and working sheets, but it doesn't work.

DOES THIS APP ENABLE CONTACT WITH A COUNSELLOR?

This is a self-help tool

IN WHAT LANGUAGES(S) THIS APP CAN BE USED?

English and Spanish

WHAT IS OR ARE THE CENTRAL THEME(S) OF THE APP?

- Mental well-being
- Relational well-being
- Personal development
- Autonomy
- Attention problems
- Daily functioning
- Violence and conflicts
- Resilience