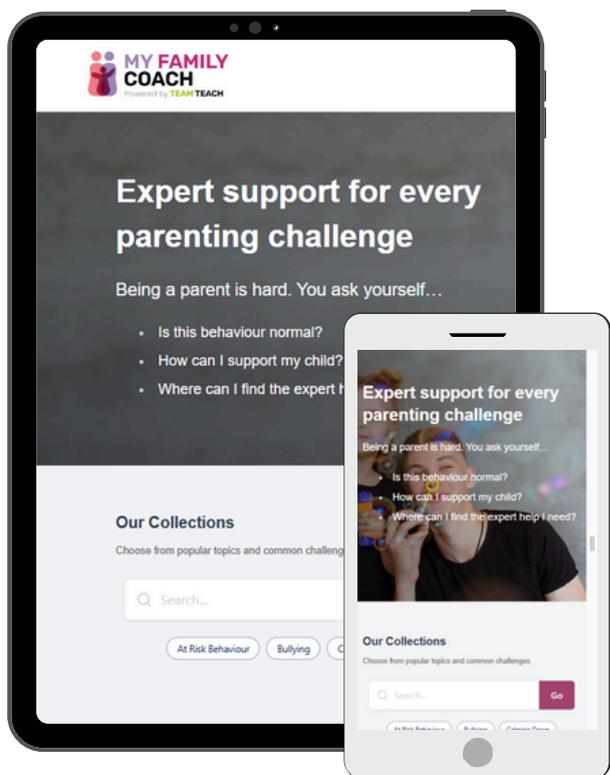


# Looking for help with your child's behaviour?



We all have times when we need some extra support.

Get all the help you need with resources created by My Family Coach behaviour specialists.

Resources cover a huge range of topics including:

- ✓ Bullying
- ✓ Communication
- ✓ Mental wellbeing
- ✓ Friendships
- ✓ Relationships
- ✓ Anxiety and change
- ✓ Calming down
- ✓ School life and exams
- ✓ Anger and at-risk behaviours
- ✓ Screen time



Ask your school for free access to the online platform.