



Your access to behaviour support with My Family Coach

We all have times when we need some parenting support.

We've partnered with Team Teach behaviour support specialists, to give you access to the My Family Coach online platform, for resources, support and guidance for every stage of your child's development.

There's a huge variety of behaviour support resources to help and guide you, to inspire you with new ideas, and share practical tips and strategies to make parenting that little bit easier.



Help and support from experienced behaviour specialists

My Family Coach is an incredible, online platform for families that provides help and support with all areas of behaviour and family life.

You can access over 50 hours of free support content, online, 24/7, from the experienced team at Team Teach.

Choose from articles, podcasts, videos, ebooks and regular video talks you can watch whenever you need.

Resources cover a huge variety of topics about children and young people, including:

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

Getting access to My Family Coach

- 1 Contact us for our password for the online platform
- 2 Visit: myfamilycoach.com/register
- 3 Enter the password and register

You can then access all the behaviour support resources whenever you need

