

Calm Kid Central

Need ideas and help for children who struggle with worry, frustration, tough life situations and friendship skills?

Calm Kid Central is an online program created and run by child psychologists - which helps kids feel **calm, confident** and **co-operative**. **It includes**



1. Animated videos for 5- 11 year old children to help them manage "big feelings" and tough life events (managing worry, coping with frustration, tough instructions, lonely times, "tricky kid behaviour", learning friendship skills)

2. Videos and articles for parents/caregivers to help them feel calmer and more confident in helping their children with big feelings. Each video includes a recording of a child and parent/carer talking about tricky problems so adults can hear exactly what to say to kids to help them learn.

3. A question centre for parents/caregivers - our panel of child psychologists answer unlimited questions from parent/carers about their children - how to respond to kids and support them. All questions are answered within 48 hours (for 48 weeks a year)!

FREE Calm Kid Central membership

Would you like to try Calm Kid Central for free? Enter your email address at:

www.calmkidcentral.com/free-trial

PS. If you are a professional (school counsellor, mental health worker, child and family counsellor, allied health professional - and you work with children, we have a Calm Kid Central **especially for you** - it includes all of the above *plus* a professional resource library and "professionals only" Question Centre.

Get your own free trial by entering your email address at www.calmkidcentral.com/free-trial-pro