



Parents/Caregivers: Does this sound familiar?

Your 4-11 year old child: often worries/ gets anxious • Gets frustrated easily or struggles with instructions • Has difficulty with friends or at school • May be diagnosed with ASD, anxiety, ADHD or another disorder but regardless often finds life tough going.

In Calm Kid Central:

### **1.WE HELP CHILDREN ‘WITH BIG FEELINGS FEEL CALM AND CO-OPERATIVE**

Courses, video lessons, activity sheets and posters to teach children to act bravely, behave in positive ways, act confidently, develop good friendships & manage tough life situations.

### **2. FAST ACCESS TO A CHILD PSYCHOLOGIST ONLINE**

Tell our child psychologist panel any questions/concerns you have about your child without waiting for appointments. We answer within **48 hours**.

### **3. WE HELP YOU FEEL CALMER & MORE CONFIDENT AND KNOW WHAT TO DO**

Video lessons, articles & “quick tips” for parents to help feel less stressed about caring for their child with “big feelings”—Learn what to say and do.

go to : [www.calmkidcentral.com](http://www.calmkidcentral.com) and click JOIN NOW

All families in the Gippsland Region can currently get entirely **FREE ACCESS** (as funded by Gippsland Primary Health Network) **by using code FIRSTYEAR**

Please note, if your child is already having therapy sessions, Calm Kid Central is not a substitute for therapy sessions, but instead can be used alongside therapy to help you get "in between session" support, training and ideas.