

PARENTS: DOES ANY OF THIS SOUND FAMILIAR?

- Your 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*.

CALM KID CENTRAL CAN HELP!

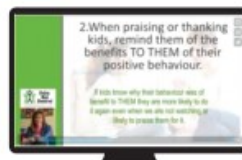
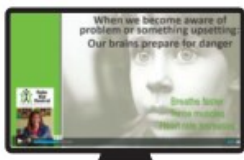
WE HELP CHILDREN 'WITH BIG FEELINGS' FEEL CALM AND CO-OPERATIVE

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.



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.*



Helping Angry/Stressed Kids Calm Down

Making Praise More Powerful

Question Asking Mistakes

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.

FREE for Adelaide based families with a health care card.

(Supported by Adelaide Primary Health Networks)

go to : www.calmkidcentral.com

Click JOIN NOW and use code ADELAIDEMETRO



Questionnaires completed by parents before and 4 months after using Calm Kid Central show that children experience a **significant reduction in anxiety, challenging behaviour and frustration**.

97% of parents say it was **quite/very/extremely helpful** for their child.

“Just perfect specific tips that can be enacted immediately and that can be easily remembered. We had a lot of fun. Thankyou SO much. So practical and helpful....”

- Parent

Please note Calm Kid Central is NOT one to one therapy.
Contact us with any questions.

Phone: (08) 8357 1711 Email: admin@developingminds.net.au Web: www.calmkidcentral.com