

## PARENTS: DOES ANY OF THIS SOUND FAMILIAR?

- Your child: often worries/ gets anxious
- Gets frustrated easily or struggles with following 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!

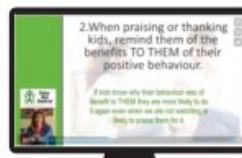
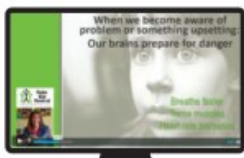
### WE HELP CHILDREN 'WITH BIG FEELINGS' FEEL CALM AND CO-OPERATIVE

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.



Over 2000 parents and families have used Calm Kid Central.

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 easily remembered. We had a lot of fun. Thankyou SO much. So practical and helpful...”*

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

Use code FIRSTYEAR to get **FREE ACCESS** for 12 months (for Adelaide families with a health care card). If you don't have a health care card, use code FIRSTMONTHFREE to try out for free

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

Phone: (08) 8357 1711 Email: [admin@developingminds.net.au](mailto:admin@developingminds.net.au) Web: [www.calmkidcentral.com](http://www.calmkidcentral.com)