



information
children

Parent Coaching

with Sally or Rahani

Our free Parent Coaching Program is open to parents and caregivers of children aged 0-12 years old. Coaching sessions can last up to 30 minutes. Our parent coaches will explore your parenting challenges, brainstorm strategies, and provide resources that will support the unique needs of your family.

Reasons that parents might request one-to-one support:

- Child development
- Sleep, naps, bedtime
- Food, mealtimes, introducing solids
- Behaviour, tantrums, big feelings
- Setting limits and boundaries
- Parent mental health and emotions
- Coping with separation and divorce
- And many, many more

**CLICK
HERE TO
BOOK A
SESSION**

For more information call us: 778.782.3548
or email: info@informationchildren.com

