

Parent Coaching



information
children

WITH KERI OR SADAF

Our free Parent Coaching Program is open to families with children 0-12 years old.

During a session, we can

- Explore your parenting challenges
- Brainstorm strategies
- Provide resources

BOOK A SESSION



Reasons that parents might request 1:1 support

- Sleep, naps, bedtime
- Mealtimes, introducing solids
- Behaviour, tantrums
- Setting limits & boundaries
- Parent mental health & emotions
- Coping with separation & divorce



778.782.3548
info@informationchildren.com
www.informationchildren.com