



# **Calm Kid Central**

## **Are you worried about your 4 to 11 year old child?**

Do you have concerns about them being able to:

- Manage frustration when things don't quite go their way?
- Feel confident and deal with worries or anxiety
- Make friends or manage tricky situations with peers?
- Resolve conflict or disagreements with others calmly?
- Follow "tough instructions" (stuff they don't want to do) at home and school
- Cope with life, emotional health or mental health challenges

If any of this sounds familiar, Calm Kid Central may be able to help.

Calm Kid Central is an online program developed by child psychologists which helps kids feel calmer, act more confidently, feel more co-operative and better manage emotional, mental health and life challenges. It includes:

### **1. Unlimited access (without waiting for an appointment) to questions answered by child psychologist online.**

Our panel of clinical child psychologists will answer unlimited questions from you about your child within 48 hours in the Calm Kid Central forum. Ask your question online and we will provide a response either that day or the next in the Calm Kid Central Question and Answer Centre.

Topic name:

Help!

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Paragraph *I*x

Dear child psych panel,

I don't know what to do about my child's.....

I feel worried / exhausted by / frustrated by my child's.....

Can you please give some ideas about things to say or do when they .....

What do you tell other parents/caregivers when children say / do / feel.....|

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## 2. Courses and lessons for children themselves (videos, posters, interactive/ online games and activities)

Lessons include:

Following tough instructions

Being brave (doing things even when I'm scared)

Using cool talk (and avoiding "fighting talk")

Using cool thoughts (Accidents Happen and Everyone has Challenges)

Using calm thoughts ("I can cope" and "this is not Terrible")

Relaxing my body to stay calm

Different bodies, different brains (understanding diagnosis and disorder)

Being positive about screen free time

Lonely times (and how to cope)

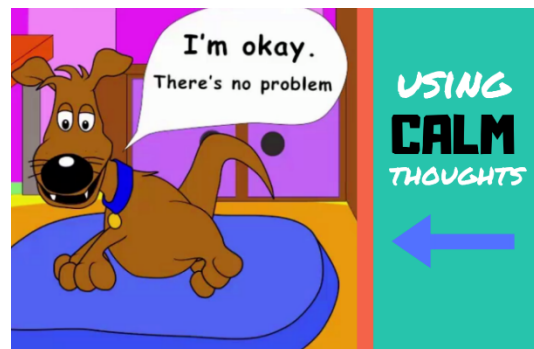
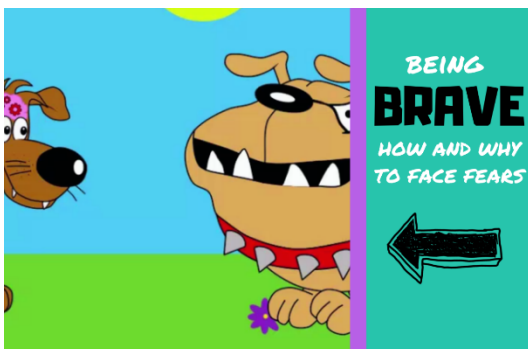
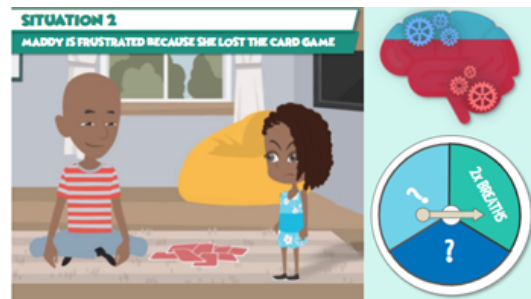
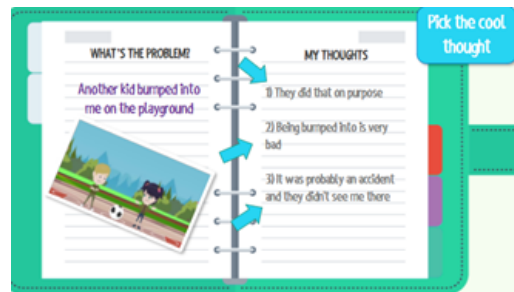
Making friend tips (being kind)

Getting better at paying attention

Using greetings

Noticing thinking mistakes

...and many more

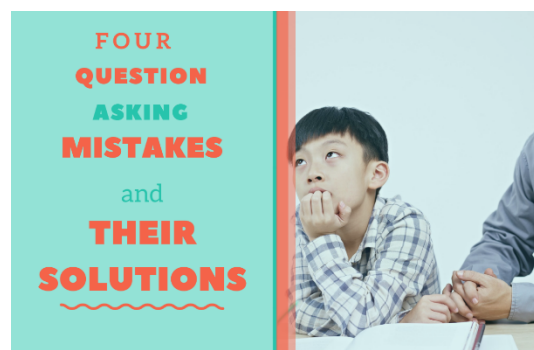




Children can work their way through the lessons and activities - ideally with your help - in the last of their school holidays, or when they have started back in school - to provide them with support, learning and ideas to support them through the next year.

### 3. Courses, articles and videos for parents of children with emotional, social and behavioural challenges

Whether your child is simply temperamentally more sensitive than others, or they have been formally diagnosed with an emotional/social/behavioural disorder such as anxiety, ASD, ADHD or learning/sensory challenges - we have courses to support you as a parent. This is not just "parenting" information - this is material ***specifically designed to support parents of children who have special challenges in managing life and emotions.***



## Costs?

Unless you qualify for free access (see below) Calm Kid Central is normally \$28 per month (including unlimited questions and answers/support from our child psychologists).

However we've created a coupon code **so that you can get 30 days of free access** before your credit card will be debited.

If you don't think you will use the program - just cancel (takes two clicks) before the 30 days are up.

After 30 days, you will be charged \$28.50 each month or you can sign up for a stand alone "one year" at \$177.50.

By the way, we know there's nothing worse than signing up for a free trial and forgetting to cancel. If this happens to you with Calm Kid Central, just send us an email within 7 days of getting charged (we always send an email when your account is charged each month), and we'll refund your fee no questions asked.

We've activated the code today. It's called: **SUMMERMONTFREE**

Sign up for Calm Kid Central using your "SUMMERMONTFREE"  
coupon

## FREE access to CKC for a Year?

if you live in Adelaide AND you or your child have a health care card,

Then you don't need the free month coupon above - you get a FULL YEAR of FREE access – as funded by the Adelaide/Gippsland Primary Health Networks - go to [www.calmkidcentral.com](http://www.calmkidcentral.com) and click on the "Request a Coupon" button)

Finally, if you have HCF private health insurance, you can also access free access for a year by emailing HCF at [wellbeing@hcf.com.au](mailto:wellbeing@hcf.com.au) - they will send you through a code.

All the best with supporting your "big feelings" child.

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