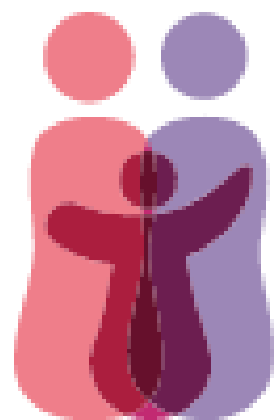


Our Resources



**MY FAMILY
COACH**

Powered by **TEAM TEACH**



Popular Topics

Communication
& Conversations

Calming Down

Friendships

Mental
Wellbeing

Screen Time &
Being Online

Puberty, Sex &
Relationships

Bullying

At Risk
Behaviours

School Life

Healthy Living

Topic 1: Communication & Conversations

Topic 1: Communication & Conversations

For Primary Schools

Quick Read Articles

Stop Giving Ultimatums and Start Doing This Instead
5 Easy Ways to Get Your Child Listening To You
6 Reasons Why Your Child Isn't Talking to You
Why Your Young Child Swears and How to Stop It
How to Stop Your Child Shouting
Simple Ways to Stop Your Child Telling Lies
What To Do When Your Child Says No
How Can I Stop My Child Screaming?
Teach Your Child to Respect Others and Themselves
3 Damaging Stereotypes & How to Change Them
How to Recognise When Your Child Feels Agitated
Easy Ways to Deal With Child Tantrums

Podcast Episodes

Difficult Conversations
Respectful Conversations
Language & Behaviour
Positive About Behaviour
Behaviour and Body Language
Behaviour and Consistency
Behaviour and Attendance
Behaviour and Play Therapy
Behaviour and Positive Approaches

Video Talks

Bouncing Forward: Positives we can take from our COVID experience (Complete video series)
The Ask: How to communicate effectively with your children (Complete video series)

Further Support

Course: Introduction to the Autism Spectrum (paid)
Class: Understanding Behaviour as Communication (paid)
1:1 Coaching Sessions (paid)

Topic 1: Communication & Conversations

For Secondary Schools

Quick Read Articles

Why Ultimatums Won't Work With Teenagers
10 Ways to Talk to Your Teenager
5 Ways to Get Your Teenager Listening to You
6 Reasons Why Your Child Isn't Talking to You
3 Reasons Why Your Child is Swearing
How to Stop Your Teenager Shouting
Simple Ways to Stop Your Older Child Lying
What To Do When Your Teenager Says No
How Can I Stop My Teen Screaming?
Stop Your Older Child Spitting
Calming Down Angry Feelings With Older Children
Teach Your Child to Respect Others and Themselves
3 Stereotypes That Affect How You Parent Your Teen
What To Say When Your Teen Tells You About Abuse
Understand Why Your Child Feels Agitated

Podcast Episodes

Difficult Conversations
Respectful Conversations
Language & Behaviour
Positive About Behaviour
Behaviour and Body Language
Behaviour and Consistency
Behaviour and Attendance
Behaviour and Play Therapy
Behaviour and Positive Approaches

Video Talks

Bouncing Forward: Positives we can take from our COVID experience (Complete video series)
The Ask: How to communicate effectively with your children (Complete video series)

Further Support

Class: Understanding Behaviour as Communication (paid)
1:1 Coaching Sessions (paid)

Topic 2: Calming Down

Topic 2: Calming Down

For Primary Schools

Quick Read Articles

Easy Ways to Deal With Child Tantrums
Is My Child Naturally Naughty?
How Can I Stop My Child Screaming?
Simple Ways to Stop Your Child Spitting
How to Help Your Angry Child Calm Down
How to Cope With Your Child's Hot Temper
What to Do When Your Child Seems Scared
Simple Ways to Deal With Your Grumpy Child
What to Do When Your Child Says No
How to Recognise When Your Child Feels Agitated
Why Your Young Child Swears and How to Stop It
How to Stop Your Child Shouting
Stop Giving Ultimatums and Start Doing This Instead

Podcast Episodes

Respectful Conversations
Behaviour in a Pupil Referral Unit
Language & Behaviour
Positive About Behaviour
Behaviour and Body Language
Behaviour and Consistency
Behaviour and Play Therapy
Behaviour and Positive Approaches

Video Talks

Bouncing Forward: Positives we can take from our COVID experience (Complete video series)
The Ask: How to communicate effectively with your children (Complete video series)

Further Support

Class: Understanding Behaviour as Communication (paid)
1:1 Coaching Sessions (paid)

Topic 2: Calming Down

For Secondary Schools

Quick Read Articles

Stop Your Older Child Spitting
Calming Down Angry Feelings With Older Children
How Can I Stop My Teen Screaming?
Ideas to Help With Your Teenager's Temper
3 Stereotypes That Affect How You Parent Your Teen
Is Your Teenager Becoming Withdrawn?
What to Do When Your Child Seems Scared
Coping With a Grumpy Teenager
What to Do When Your Teenager Says No
Understand Why Your Child Feels Agitated
4 Ways to Help Your Older Child Calm Down
3 Reasons Why Your Child is Swearing
How to Stop Your Teenager Shouting
Why Ultimatums Won't Work With Teenagers

Podcast Episodes

Respectful Conversations
Behaviour in a Pupil Referral Unit
Language & Behaviour
Positive About Behaviour
Behaviour and Body Language
Behaviour and Consistency
Behaviour and Positive Approaches

Video Talks

Bouncing Forward: Positives we can take from our COVID experience (Complete video series)
The Ask: How to communicate effectively with your children (Complete video series)

Further Support

Class: Worries About Anger (paid)
1:1 Coaching Sessions (paid)

Topic 3: Friendships

Topic 3: Friendships

For Primary Schools

Quick Read Articles

5 Reasons to Make Playing With Your Child a Priority

How to Help Your Child Make Friends (And Keep Them)

Helping Your Child With Friendship Breakups

Teach Your Child to Respect Others and Themselves

Helping Your Child Manage Peer Pressure

Podcast Episodes

Behaviour and Stereotypes

Behaviour & Play Therapy

Behaviour & Body Language

Further Support

Class: Child Friendships and Bullying (paid)

1:1 Coaching Sessions (paid)

Topic 3: Friendships

For Secondary Schools

Quick Read Articles

5 Ways to Support Your Teen Through a Breakup

How to Support With Teenage Relationships

5 Ways to Tackle Peer Pressure

Helping Your Teen Make and Keep Friends

Helping Your Child With Friendship Breakups

Teach Your Child to Respect Others and Themselves

Podcast Episodes

Behaviour and Stereotypes

Behaviour & Body Language

Further Support

Class: Child Friendships and Bullying (paid)

1:1 Coaching Sessions (paid)

Topic 4: Mental Wellbeing

Topic 4: Mental Wellbeing

For Primary Schools

Quick Read Articles

Should I Worry That My Child Seems Withdrawn?
10 Ideas to Support Persistent Child Sadness
What to Do When Your Child Can't Cope
How to Help Your Insecure Child
Simple Ways to Cope With Your Grumpy Child
How to Help When Your Child Cries
The Surprising Benefits of Journaling
Helping Your Child Overcome Embarrassment
What to Do When Your Child Feels Scared
Understanding Anxious Feelings In Younger Children
How to Recognise When Your Child Feels Agitated
Common Signs of Child Depression
Could Your Child Be Self-Harming?
4 Energy Tips for Your Exhausted Child
Why You Should Stop When Family Life is Improving
3 Ways to Celebrate Positive Progress
5 Ways to Enjoy Spending Time as a Family
5 Reasons to Make Playing With Your Child a Priority

Podcast Episodes

Social & Emotional Mental Health
Behaviour and Returning to School After
Lockdown
Behaviour and Positive Approaches

Video Talks

Bouncing Forward: Positives we can
take from our COVID experience
(Complete video series)

Further Support

Course: Self Harm (paid)
Course: Suicidal Thoughts (paid)
Course: Mental Health
Awareness (paid)
Course: Dealing With Stressful
Situations (free)
Class: Get Your Family Working
Together (paid)
1:1 Coaching Sessions (paid)

Topic 4: Mental Wellbeing

For Secondary Schools

Quick Read Articles

Is Your Teenager Becoming Withdrawn?
10 Ideas When Your Teen Struggles With Sadness
How to Help When Your Child's Not Coping
How to Help Your Insecure Child
Coping With a Grumpy Teenager
The Surprising Benefits of Journaling
How to Cope With Embarrassing Feelings
What to Do When Your Child Feels Scared
Practical Ways to Support Your Anxious Child
Understanding Why Your Child Feels Agitated
Common Signs of Child Depression
Eating Disorder Help For Parents

Could Your Child Be Self-Harming?
Is Your Child Having Suicidal Thoughts?
4 Energy Boosts For Your Exhausted Teen
How to Help Your Teenager Get a Good Night's Sleep
Why You Should Stop When Family Life is Improving
Stopping to Celebrate Family Progress
5 Ways to Enjoy Spending Time as a Family

Podcast Episodes

Social & Emotional Mental Health
Behaviour and Returning to School After Lockdown
Behaviour and Positive Approaches

Video Talks

Bouncing Forward: Positives we can take from our COVID experience
(Complete video series)

Further Support

Course: Teenage Self Harm (free)
Course: Self Harm (paid)
Course: Suicidal Thoughts (paid)
Course: Mental Health Awareness (paid)
Course: Dealing With Stressful Situations (free)
Class: Get Your Family Working Together (paid)
1:1 Coaching Sessions (paid)

Topic 5: Screen Time & Being Online

Topic 5: Screen Time & Being Online

For Primary Schools

Quick Read Articles

Managing Social Media With Primary Age Children

How to Reduce Arguments About Screen Time

How to Help Your Child if They're Bullied Online

How to Keep Your Child Safe from Abuse

Further Support

Class: Screen Time Behaviour (paid)

Class: How to Have Difficult Conversations (paid)

1:1 Coaching Sessions (paid)

Topic 5: Screen Time & Being Online

For Secondary Schools

Quick Read Articles

9 Ways to Keep Your Child Safe on Social Media
How to Reduce Arguments About Screen Time
How to Help Your Child if They're Bullied Online
Talking to Your Child About Pornography and Sexting
6 Ways to Protect Your Teen From Abuse
Worrying Signs Your Child's Being Radicalised

Further Support

Class: Screen Time Behaviour (paid)
Class: How to Have Difficult Conversations (paid)
1:1 Coaching Sessions (paid)

Topic 6: Puberty, Sex & Relationships

Topic 6: Puberty, Sex & Relationships

For Primary Schools

Quick Read Articles

Why it's Never Too Early to Talk About Consent
Easy Ways to Support Your Child Through Puberty
Teach Your Child to Respect Others and Themselves
How to Keep Your Child Safe from Abuse
What To Do if Your Child Tells You They've Been Abused

Podcast Episodes

Difficult Conversations
Respectful Conversations
Language & Behaviour

Further Support

Class: How to Have Difficult Conversations (paid)
1:1 Coaching Sessions (paid)

Topic 6: Puberty, Sex & Relationships

For Secondary Schools

Quick Read Articles

Talking to Your Teen About Consent
Easy Ways to Support Your Child Through Puberty
How to Support With Teenage Relationships
5 Ways to Support Your Teen Through a Breakup
Teach Your Child to Respect Others and Themselves
Talking to Your Child About Pornography and Sexting
6 Ways to Protect Your Teen From Abuse
What To Say When Your Teen Tells You About Abuse

Podcast Episodes

Difficult Conversations
Respectful Conversations
Language & Behaviour

Further Support

Course: Protecting Children from Child Sexual Exploitation (paid)
Course: Supporting Vulnerable Teenagers and Young People (paid)
Class: How to Have Difficult Conversations (paid)
1:1 Coaching Sessions (paid)

Topic 7: Bullying

Topic 7: Bullying

For Primary Schools

Quick Read Articles

What You Can Do If Your Child is Being Bullied
Helping Your Child Manage Peer Pressure
How to Help Your Child if They're Bullied Online
Is My Child a Bully and What Can I Do About It?
Should I Worry That My Child Seems Withdrawn?

Podcast Episodes

Difficult Conversations

Further Support

Class: Child Friendships and
Bullying (paid)
1:1 Coaching Sessions (paid)

Topic 7: Bullying

For Secondary Schools

Quick Read Articles

How to Help Your Child With Bullying

5 Ways to Tackle Peer Pressure

How to Help Your Child if They're Bullied Online

Why is My Teen Showing Bullying Behaviour?

Is Your Teenager Becoming Withdrawn?

Podcast Episodes

Difficult Conversations

Further Support

Class: Child Friendships and Bullying (paid)

1:1 Coaching Sessions (paid)

Topic 8: At Risk Behaviours

Topic 8: At Risk Behaviours

For Primary Schools

Quick Read Articles

Helping Your Child Manage Peer Pressure
Worrying Signs Your Child's Being Radicalised
Why it's Never Too Early to Talk About Consent
Teach Your Child to Respect Others and Themselves
Talking to Your Child About Drugs and Alcohol
Could Your Child Be Self Harming?
Is Your Child Having Suicidal Thoughts?

Podcast Episodes

Difficult Conversations
Respectful Conversations
Language & Behaviour
Behaviour in a Pupil Referral Unit

Further Support

Course: Gang Issues and County Lines (paid)
Class: How to Have Difficult Conversations (paid)
1:1 Coaching Sessions (paid)

Topic 8: At Risk Behaviours

For Secondary Schools

Quick Read Articles

Talking to Your Teen About Consent
5 Ways to Tackle Peer Pressure
Worrying Signs Your Child's Being Radicalised
Talking to Your Child About Pornography and Sexting
Teach Your Child to Respect Others and Themselves
How to Talk to Your Child About Drugs, Smoking and Alcohol
Could Your Child Be Self Harming?
Is Your Child Having Suicidal Thoughts?

Podcast Episodes

Difficult Conversations
Respectful Conversations
Language & Behaviour
Behaviour in a Pupil Referral Unit

Further Support

Course: Gang Issues and County Lines (paid)
Course: Supporting Vulnerable Teenagers and Young People (paid)
Class: How to Have Difficult Conversations (paid)
1:1 Coaching Sessions (paid)

Topic 9: School Life

Topic 9: School Life

For Primary Schools

Quick Read Articles

Helping Your Child With Bullying At School
4 Ways You Can Help Your Child Change Schools
5 Tips for a Successful Start to School
Supporting Your Child When They Struggle at School
Teach Your Child to Respect Others and Themselves
10 Ideas to Tackle School Refusal

Podcast Episodes

Behaviour in a Pupil Referral Unit
Behaviour and Attendance
Behaviour in Schools During COVID
Behaviour and Returning to School After Lockdown

Further Support

Class: Transition to Secondary School (paid)
1:1 Coaching Sessions (paid)

Topic 9: School Life

For Secondary Schools

Quick Read Articles

4 Simple Ways to Support Your Child With Exams
Supporting Your Child With School Bullying
Coping With School Struggles and Learning Challenges
4 Ways to Manage Changing Schools
Teach Your Child to Respect Others and Themselves
10 Ideas to Tackle School Refusal

Podcast Episodes

Behaviour in a Pupil Referral Unit
Behaviour and Attendance
Behaviour in Schools During COVID
Behaviour and Returning to School After Lockdown

Further Support

Class: Exam Stress (paid)
1:1 Coaching Sessions (paid)

Topic 10: Healthy Living

Topic 10: Healthy Living

For Primary Schools

Quick Read Articles

Why Your Child Isn't Sleeping (And What to Do About It)

Talking to Your Child About Drugs, Smoking and Alcohol

How Does a Healthy Lifestyle Affect Behaviour?

4 Energy Tips for Your Exhausted Child

Further Support

Class: Get Your Family Working Together (paid)

1:1 Coaching Sessions (paid)

Topic 10: Healthy Living

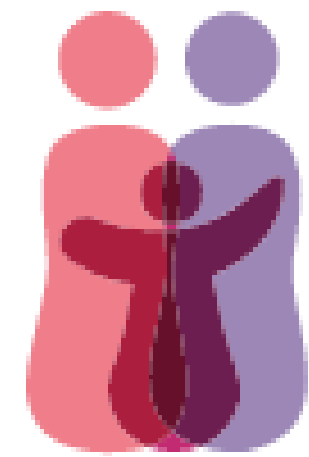
For Secondary Schools

Quick Read Articles

Eating Disorder Help for Parents
Talking to Your Child About Drugs and Alcohol
How Does a Healthy Lifestyle Affect Behaviour?
Eating Disorder Help For Parents
4 Energy Boosts For Your Exhausted Teen
7 Ways to Help Your Child Start Work
How to Help Your Teenager Get a Good Night's Sleep

Further Support

Class: Get Your Family Working Together (paid)
1:1 Coaching Sessions (paid)



MY FAMILY COACH

Powered by **TEAM** TEACH