

# Parents' Guide



## ♥ Parenting Courses ♥ Resources

A great place to start, we offer two Parenting Courses - our 'Parenting 2-12's Course' and our 'Complete Parenting Teens Course'. These courses give parents and carers to children of all ages step-by-step tools to create a happy home life.

With new content weekly, and a different theme each month, our podcasts, blogs and short films give you support and advice on everything from friendships and special educational needs to addiction and diversity.

## ♥ Q&As

Covering a wide range of topics from sex and relationships, to drugs, alcohol, anxiety, identity and eating disorders, our vast Q&A library provides instant answers to your parenting questions.

## ♥ Careers

Articles and tips, as well as the Inspiring Futures podcast series- insiders' perspectives on different industries, roles and career paths.

## ♥ Specialist Help

Book a parenting one-to-one, find an adolescent therapist or gain access to specialists across a range of areas like online safety, dyslexia and nutrition.

## ♥ Self-Care

Designed to spark inspiration, positivity and connection, our Self-Care section provides great talking points for the dinner table, inspiring stories, and The A to Z of Wellbeing which suggests things you can do to positively impact your wellbeing.

## ♥ Tip Sheets

Just the key points, condensed into mini Tip Sheets. Find summaries from the Parenting Courses modules, plus everything from a screen contract to tips for developing your child's social skills.

## ♥ Offers

Who doesn't love an offer? We've hand-picked exclusive deals on lifestyle and teen-related products, from gap year companies, to courses and workshops, and health and wellbeing.

## ♥ Webinars

Each month we run webinars with industry experts covering a wide range of topics. Here you can view what's coming up and register in advance for each webinar.

Register Now: Head to the parent's portal