

# Do You Have Questions About Parenting?

Bright Start Connect offers **FREE** one-on-one virtual coaching sessions with child development experts.

### Sign Up



Visit brightstartconnect.org and fill out a brief form

#### **Get Matched**



Our team will match you with a child development expert tailored to your unique needs

### **Show Up**



During the virtual session you'll get personalized tools and strategies to try immediately

## What Can We Help With?

- Following Directions or Establishing Routines
- Addressing Behavior Challenges
- Tantrums & Meltdowns

- Managing Sibling Relationships
- Bedtime & Sleep Challenges
- Eating & Nutrition Concerns

- Partnering with Daycare or School
- Speech and Language Concerns
- Anxiety & Fear
- And More!

## SIGN UP NOW >>>

This free resource is available to NYS residents and made possible by Bright Start Connect by Forward Leading IPA and funded by SAMHSA.



