

Ask the NIH Parent Coach

Parenting is not only one of the most rewarding jobs in a lifetime; it can also be one of the most challenging. Children don't come with instruction books. Moreover, what works beautifully for one child may work differently for another.

The NIH Parent Coach can help you navigate the stages of childhood and parenthood. They will offer guidance and answers to your specific questions on physical, social, mental, and emotional matters.

This service is free to the NIH community and their spouses. If you have any questions about this service please call the NIH Child Care Team at 301-402-8180.

The NIH Parent Coach addresses issues such as:

- My child won't sleep through the night.
- My teenager continuously breaks curfew.
- What is the youngest age children should participate in sports?
- My child has been acting out in day care.
- I'm expecting my second child. How can I prepare my first child?
- My child has just lost a grandparent.
- I'm having trouble potty training my child.
- What are some options for disciplining a two-year old?
- My child won't eat vegetables.
- My child won't do their homework without being nagged.
- How many extra-curricular activities are "too many"?

Personalized email response within 48 hours

**To contact the NIH Parent Coach
email your question to:**

NIHparentcoach@lifeworkstrategies.com

**Sponsored by NIH Child Care Board & ORS/Division of Amenities
and Transportation Services**



NIH Child Care
<http://childcare.ors.nih.gov>



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