



# NIH Parenting Coaches

**CONNECT VIA EMAIL OR PHONE!**

- Response guaranteed within 2 business days
- Available to NIH employees & their family members
- Connect with a masters - level mental health clinician
- 100% confidential

## Why connect with a parenting coach:

- My child won't sleep through the night.
- I'm expecting my second child. How can I prepare my first child?
- My child won't do their homework without being nagged.
- My teenager continuously breaks curfew.
- My child has been acting out in day care.
- My child has just lost a grandparent.
- I'm having trouble potty training my child.

**NIH child&family**  
www.childfamilycare.ors.nih.gov

 **Adventist HealthCare**  
LifeWork Strategies

## Questions about the form?

Resources & Referral Phone Number:  
1-800-777-1720

Email:

NIHparentingcoach@adventisthealthcare.com