



# NIH Parenting Coaches

**NOW AVAILABLE THROUGH A QUICK & CONFIDENTIAL  
ONLINE REQUEST FORM**

- Available to employees & their family members
- Quick & easy online request form
- Response guaranteed within two business days
- Connect with a mental health clinician with masters-level credentials
- 100% confidential and secure link
- No phone call necessary

## Common questions for parenting coaches:

- 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 at child care and around others.
- My child has just lost a grandparent.
- I'm having trouble potty training my child.



**[Click Here to  
Access Form!](#)**

or

**SCAN ME**



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

 **Adventist HealthCare**  
LifeWork Strategies

**Questions or need assistance?**

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

Parenting Coaches Email:  
NIHparentingcoach@adventisthealthcare.com