

## Free behaviour support resources for schools and families

Have you heard of [My Family Coach](#)? It's an incredible free platform for schools and families for help and support with all areas of behaviour, school and family life.

The platform includes **over 50 hours of free support content** from the experienced team here at Team Teach. There's **articles, podcasts, videos, ebooks and quarterly online parent classes** that you and the families you support can attend and watch on-demand as well.

The resources and support cover a huge variety of topics and we're always adding more:

- Relationships
- Communication
- Mental wellbeing
- Friendships
- Bullying
- Calming down
- School life
- Healthy living
- At risk behaviour
- Screen time



And for this time of year, families might find articles on [understanding behaviour](#), [managing changes to routines](#), [how to enjoy a family Christmas](#), [using family support for childcare in the holidays](#), [supporting your child through the holidays](#) or [why self care isn't selfish](#) helpful.

It's all available 24/7 and completely free!

To access the platform as a parent or a school, simply visit the [My Family Coach website](#) and create an account.