



Helping Your Child to Learn to Calm Their Nervous System

This term, your child is taking part in **The Calm Coach**, a whole-school programme that teaches children simple, practical tools to **feel calmer, more focused and more resilient**.

What is it?

Over six weeks, children are learning about their nervous system in an age-appropriate way, understanding why they sometimes feel wobbly, worried or overwhelmed, and what they can actually do about it. One of the key tools they're practising is heart breathing, a simple calming breathing technique they can use anywhere, any time they need it.

It's not just the children

Staff at school are learning the same tools too. **Children are generally happier, more able to learn and co-regulate best around calm adults**. The more grown-ups around a child who understand their own nervous system, the more that calm gets passed on, at school and at home.

Want to bring these tools home?

7-week course · £29

Learn similar tools and build a shared understanding of nervous system regulation, so you can be a calm, regulated presence for your child at home too.

- Practical nervous system regulation tools you can use for yourself, and with your child
- How your child's brain develops, with simple, honest language for understanding their reactions and behaviours
- Heart breathing, and the science behind how it works
- A bonus seventh week focused specifically on supporting your child through anxiety

Why is this free for schools?

Given the financial pressures schools are under, The Calm Coach programme is offered completely free of charge. This is made possible by the small, optional Parents and Carers course, which helps to **fund free access for as many children as possible**.

A bit about me

I'm Victoria Willis, the founder of The Calm Coach. I'm a Teaching Assistant with nearly ten years' experience, a mum of two teenage boys, and I run a wellbeing practice alongside my school work. I've spent over a year developing this programme, drawing on a keen interest in psychology, the nervous system and polyvagal theory, alongside my own experience of what actually helps children, and the adults around them, to feel calmer.



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We regulate through connection.