

Supporting Steps

Keeping young minds healthy

Jenna Farrelly

Emotional & Behavioural Strategies for Parents

Email: jenna@supporting-steps.com

www.supportingsteps.com

www.facebook.com/supportingstepssocial

https://www.instagram.com/supporting_steps/

A support service designed for parents to learn how to improve their children's emotional wellbeing at home.

We provide enjoyable online workshops, courses, strategies and activities that aim to take the stress out of difficult emotions and behaviours; leading to happier homes and long term emotional resilience in your children.

DISCLAIMER

This video should not be taken as medical advice. This video offers pregnancy, post-natal health, fitness and lifestyle information for education only. You should not rely on this information as a substitute for or replacement of professional medical advice, diagnosis and treatment.

Visitors who rely on the information contained within it do so entirely at their own risk. Supporting Steps / Mother Fit or anyone associated with Supporting Steps / Mother Fit will not be responsible or liable for any risk, injury or harm you sustain as a result of the information provided by this video, our website, YouTube videos, Facebook or Instagram pages.

Always consult a medical practitioner for specific advice tailored to your needs.

