



Sirv Parent Coaching – Fact Sheet

Practical, compassionate coaching for every stage of parenting.

For Expectant Parents

Who is this for?

Individuals or couples preparing for birth and parenting, seeking guidance and reassurance.

What's included:

- Birth and early weeks preparation
- Parenting skills and confidence building
- Emotional wellbeing and relationship support
- Navigating change and expectations

Why choose Sirv?

- Warm, practical guidance
- Expert support for new beginnings
- Safe, welcoming environment

For Parents with Babies (Ages 0–2)

Who is this for?

New parents and carers of infants seeking support with sleep, feeding, bonding, and early development.

What's included:

- Gentle sleep and settling strategies
- Support with feeding and routines
- Attachment and bonding guidance
- Coping with parental stress and adjustment

Why choose Sirv?

- Supportive, non-judgmental coaching
 - Evidence-based infant care advice
 - Flexible, family-friendly sessions
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For Parents of Children (Ages 2–12)

Who is this for?

Parents and carers of children needing help with behaviour, routines, communication, and wellbeing.

What's included:

- Positive discipline and boundary-setting strategies
- Help with transitions (school, siblings, etc.)
- Tools for emotional regulation and resilience
- Strengthening family relationships

Why choose Sirv?

- Experienced, compassionate coaches
 - Practical, evidence-based advice
 - In-person or online flexibility
 - Confidential, respectful support
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For Parents of Tweens (Ages 9–12)

Who is this for?

Parents navigating their child's growing independence, social challenges, and pre-teen transitions.

What's included:

- Communication and boundary strategies
- Support with friendships and school changes
- Guidance on tech and social media
- Confidence and resilience building

Why choose Sirv?

- Age-appropriate coaching
 - Collaborative, empathetic approach
 - Emotional and social development support
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For Parents of Teens (Ages 13–17)

Who is this for?

Parents and carers of teens looking for support with communication, independence, and mental health.

What's included:

- Tools for navigating adolescence
- Support for mental health and wellbeing
- Guidance on friendships, tech, and risk-taking
- Strategies to build trust and respect

Why choose Sirv?

- Experienced coaches in teen development
- Evidence-informed, non-judgmental support
- Flexible, private sessions

Payment Options

Session Type	Price (per session)	Package (5 sessions)	Payment Method	Cancellation Policy
All coaching types	\$190 / 60 min	\$850 (save \$100)	Bank transfer, EFTPOS, or credit card	24 hours' notice required to avoid full fee

Contact & Bookings

Sal How

Managing Partner – Behaviour Specialist

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