

Lyra

Coaching for Parents



Parenting is tough. You are not alone.

Two-thirds of parents feel burned out.* Lyra can help. Get personalized parenting support to reduce stress and improve child behavior.

Support for all parents and caregivers

Address behavioral challenges (ages 3-17) like:

Tantrums

Defiance

Arguments

Handle difficult topics including:

Privacy

Screen time

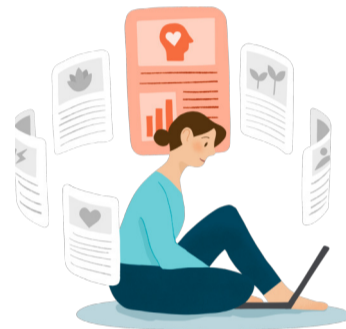
Life transitions

Learn new parenting skills such as:

Emotion regulation

Positive communication

Expectation setting



An effective parenting approach

Dedicated coaching

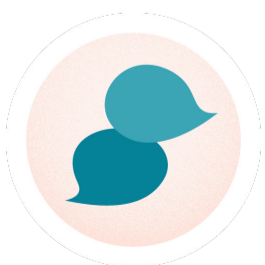
Partner with a specialized parent coach to discuss challenges and implement evidence-based parenting strategies

Specialized content

Practice new skills between coaching sessions with short, digestible videos, exercises, and guides

Evidence-based approach

Learn research-backed techniques shown to improve child behavior and decrease parenting stress



Getting started

Connect with our Care Navigator team and ask for parent coaching to get started care@lyrahealth.com

*https://wellness.osu.edu/sites/default/files/documents/2022/05/OCWO_ParentalBurnout_3674200_Report_FINAL.pdf