



Did you know your Calm mental health benefits also extend to your whole family?

Calm, our mental health partner, is a family-friendly benefit that can be used by anyone in your family at various life stages, including parenting and pregnancy. For those with tiny humans, Calm Kids is a wonderful resource to support your children as they grow.

Here's the selection of resources to get you and your family started on the mental health journey:

[Conscious Parenting Masterclass](#)

In this masterclass series, Dr. Shefali Tsabary, a renowned clinical psychologist, shares how you can create a mindful environment for your children so they can ease their anxieties and authentically connect with who they are.

[Calm Kids](#)

In this collection, you'll find a variety of content offerings for your little ones—soundscapes, lullabies, meditations, sleep stories, kids' movements, and more—that they can use whenever they need it.

[Nurturing Pregnancy](#)

In this pregnancy collection, you'll learn empowering practices and hear reassuring talks to help you through the entire journey of pregnancy. You'll also be able to lower stress, reduce anxiety, and improve sleep. For medical advice, please consult your doctor.

[Postpartum Healing](#)

In this postpartum collection, you'll learn practices designed to support you during this tender and powerful time as you care for your little one. For medical advice, please consult your doctor.

Check out the Calm app for more options that suit your daily needs. Haven't activated your **free Calm Premium subscription** yet? Click [here](#) to learn more!

You can also join one of the [Calm App Webinars](#) to learn how to get the most out of your Calm experience and bolster your overall well-being.