

## **BrightLife Kids: A CalHOPE Program Transcript**

Hello and welcome! In this vlog, we will be going over BrightLife Kids. If this is your first time hearing about the program, let this be your introduction. BrightLife Kids is a CalHOPE program under BrightLine. This program offers FREE - yes, you heard that right - free life coaching and offers a support program for families and their kids from ages 0 to 12. They offer free one-on-one live video sessions, as well as secured chats, resources for self growth, and more.

Now what is interesting about BrightLife Kids is that they are fully funded by CDHCS (the California Department of Health Care Services). Their funding absolutely everything means you pay nothing! Again, emphasis on the FREE. This program is catered to children from ages 0 to 12 and they are broken down into 3 categories - children from 0 to 4 are infants and toddlers, while 5 to 8 year olds are kids, and last but not least we have tweens from 9 to 12 years old. BrightLife Kids uses different materials when coaching infants and toddlers compared to kids and tweens. For example, infants, toddlers, and their families will receive coaching on developmental milestones such as: reading, communication, comprehension, separation anxiety, and eye contact. For the kids, the plan changes and the coaching will be more centered around social and emotional well-being (such as expressing what they want, need, and/or feel). This also includes emotional regulation, sleeping patterns, sleeping issues, and behaviors. As for tweens, families will be working on establishing boundaries - this is important as tweens begin to use social media and are introduced to peer pressure both online and offline. BrightLife Kids also accommodates many by providing bilingual translation. There is also a BrightLife Kids app available for download and you can sign up right now! For more information about this great resource, please visit the link provided.

If there are any questions about how to download or manage the app, please feel free to contact your CSS (Client Services Specialist) or contact Alexander Sanborn for more information. As a quick reminder to our community - you are not alone! We are here to provide guidance and support you in your journey. We want to see all of you prosper!