**Family Check Up Online**

 

**What is the Family Check-Up Online?**

The Family Check Up Online is a free, flexible app that many families have found helpful and easy to use. You can access it from your phone, tablet, or computer, wherever and whenever you would like. Typically, you will receive supportive text messages through the app.

**What families are a good fit for the FCU Online?**

The app a great fit for families with children aged 2-14 who want to learn strategies to support positive child behavior and build stronger family relationships.

**How will it help my family?**

FCU Online is backed by many years of research. It has been adapted using input from families like yours to be flexible and accessible to families. Some benefits other families have reported include:

* Better coping skills and family relationships
* Less parent stress, anxiety, and depression
* Fewer child emotional and behavioral problems, and less drug use
* Fewer school absences and fewer failing grades

**What if I am not my child’s biological parent?**

Any caregiver (biological, foster, or kinship) can use the app.

**How much time will it take?**

Each of the five modules takes about 15 minutes to finish. You can complete modules as slowly or as quickly as you like. Most people have found that one module a week is a good pace.

**How do I get started?**

You will receive an e-mail invitation to sign up for the app and create your own password.

**What if I want additional support?**

You can choose to get phone support from a family coach. You can have as many or as few meetings as you would like as you work through the app at your own pace.