



Parent Coaching

Parents are asking for help with their children's emotional wellbeing.

As a parent...

you may not know where to start

Online coaching with an experienced professional is a great first step!

Through a collaborative process of discovery and goal setting, you will learn practical strategies and solutions for common challenges. Experienced parent coaches can help you understand the issues, guide you in making decisions, and provide you with the tools to help you create healthier, more fulfilling relationships with your children.

Getting started is simple

Call **800-344-4222** with questions or for immediate support, ask for a parent coach.

Why Coaching

- ✓ **Young children to teens**
- ✓ **Experienced professionals**
- ✓ **Positive, nonjudgmental support**
- ✓ **Proactive vs. reactive parenting**
- ✓ **Confidential**
- ✓ **Proven results**

Give it a try.

Topics include...

- Child development & behavior
- Early parenting
- Mental health & kids
- Sibling rivalry
- Pre-teen issues
- High school challenges
- Social anxiety
- Excessive screen time
- And more

Three sessions

- Initial 60-minute call
- Two 30-minute follow-up calls