

PARENT COACHING



Parent coaching offers **no-cost, virtual support** to help you navigate challenges, strengthen your well-being, and help your child thrive.

Common Topics Parents Explore With a Coach



Strengthening Connections

Build trust with your child by learning how to listen, respond to their needs, and create a safe space for open conversation.



Improving Communication

Discover ways to stay patient, reduce conflict, and guide your child with calm, productive conversations.



Understanding Emotions

Learn practical ways to address anxiety, anger, and stress while helping your child develop healthy emotional skills.



Encouraging School Engagement

Work through challenges like school avoidance, motivation, and attendance so your child can feel more confident at school.



Supporting Friendships and Social Confidence

Help your child navigate friendships, bullying, and social challenges while building confidence and connection.



Managing Technology and Boundaries

Set clear boundaries around screens and technology while reducing daily struggles at home.

One-on-One, Virtual, Private

Use coaching to talk through everyday challenges, set goals, track progress, and find strategies that work for your family!

Participation and conversations are not shared with your school.

How to Get a **COACH**

- 1** Enroll at
ParentGuidance.org
- 2** Schedule your
first session
- 3** Download the
mobile app

Get started today, and
schedule the time that
works best for you!



Scan or Visit
ParentGuidance.org