

## **Reasons To Hire A Parent Coach**

Parents hire parent coaches for many reasons. Some parents seek help for long-term difficulties while others seek assistance for small issues that pop-up. Whether the parents concern is minor or not, the fact remains, every parent deserves help when they are in need.

Below are some examples of the major and minor concerns parent coaching can help with.

- Potty Training
- Sudden Behavioral Changes
- New Sibling Adjustment
- Household Guest (temporary or permanent)
- Divorce in the family (Parents or other relative)
- Death in the family (person or pet)
- Moving
  - Preparation
  - Adjustment
  - Acceptance
- Medical Diagnosis
  - Medication Compliance
  - Seeking Outside Assistance
  - Physical Therapy Compliance
  - Alternative Therapy Compliance
  - Behavioral Therapy Compliance
  - Dietary Compliance
  - Managing at School
  - ADD/ADHD
  - Obesity
  - Chronic illness
- Sleeping Pattern Change
- Guidance for Parents
- Childcare/Daycare/ Preschool concern
- Peer Concerns
- School Difficulties
- Daily Care of Child
- Baby “proofing” of Home
- Baby/Child Product Recommendations
- Homework Problems
- Sibling Fighting
- Age Appropriate Discipline Techniques
- Age Appropriate Discussions For:
  - Stranger Danger
  - Abuse Prevention
  - Sex Education
  - Life Changes
- Chore/Household Duties Compliance
- Manners
- Allowance Concerns
- Managing Activities
- Transition Issues
- Organizational Skills for Parents or Children
- Managing Anger Concerns
- Creating Bonding Activities
- Nonverbal Communication Techniques
- Understanding Parenting Styles
- Setting Limits
  - How to
  - The Importance of
  - Follow Through
- Overcoming Power Struggles
- Creating Self-esteem & Positive Self-image in Children
- Household Rule
  - Development
  - Implementation
  - Compliance with

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