

Parent coaching

Mary and Tom Leo Associates, Inc

real answers
to real problems



You can be the parent you
always imagined you'd be!

A Parent Coach is a highly trained individual who attentively watches, listens to your needs, asks key questions, offers encouragement and teaches specific skills to help you become a more effective parent.

Parent Coaching provides you with a personal coach who works in partnership with you to help you become a more effective and confident parent.

As a result, your children will be happier and your relationship will strengthen. You will gain a wide variety of parenting skills which can be immediately applied with your children.

There are 4 main skills at the heart of our training-

- * Effective Praise
- * Corrective Teaching
- * Proactive Teaching
- * Structure & Organization

Is Parent Coaching effective?

YES!

- * learn effective alternatives to shouting, arguing and slamming doors
- * Parent Coaches provide support, compassion, understanding & structure
- * Parent Coaching teaches real-world, practical skills that have been proven effective

What would a typical session involve?

The sessions can be held at your home or our office. As we progress we can even plan public outings. Parent Coaches typically come to...

- (1) Collaborate with you regarding the observations and your expectations
- (2) Observe your family dynamic and behavior
- (3) Provide hands-on training with you and your children to change behaviors

** We do not do the parenting for you, we will teach and demonstrate the skills so that you can integrate the skills into your own parenting style **

Parents turn to Parent Coaching to help with a variety of concerns...

disciplinary issues, sleepless nights, arguments, truancy, tantrums, frustration, disrespect, manners, being overwhelmed, social skills, questionable behavior, chaotic environment etc.

Who can benefit?

ANYONE! Especially...

Parents

- who are overwhelmed with obligations and are looking for balance
- who are frustrated by parenting challenges that arise with young children and teens
- who want to improve their relationships with their children
- who want to raise respectful, caring children

Children

- who are experiencing behavior problems associated with ADD, ADHD, Depression, Bipolar disorder, emotional disorders etc.
- who are experiencing difficulty at school, home, or socially

Why use Parent Coaching?

- * stop feeling angry, guilty, anxious or sad
- * create a life that works!
- * teach your children positive social skills
- * achieve balance
- * strengthen your bonds with your children
- * gain respect from your children
- * teach your children good decision making skills
- * feel proud when you go out in public with your children
- * have a peaceful home



Call our information line for more details and
a * FREE * consultation
773.267.5795 or email contact_us@mtlainc.com