**Do I Need a Parenting Coach?**

Parenting coaches are emerging as a new way for parents to gain support for a variety of parenting issues. Unlike psychotherapists who treat diagnosed mental health conditions, coaches behave more like consultants. They provide tools, ideas, and support without treating underlying issues, like ADHD or depression.



**How Do I Know If I Need a Coach?**

Parenting coaches can help with a variety of issues. Here are a few services a parenting coach may offer.

* **Behavior Challenges:** Effective ways to address issues.
* **Stress-related parenting issues**: Find ways to practice self- care and manage stress.
* **Developmental activities**: Strategies that support your child’s physical, emotional, and social development.
* **Parenting during transition or crisis:**Help you be the best parent you can during a crisis or hardship, such as divorce or loss of a loved one.
* **Parenting questions:**Answer a variety of questions regarding best parenting practices.
* **Practical challenges**: Help you create a plan to address.

**How Are Services Offered?**

Depending on CoVid protocol, Drea can meet clients anywhere, including in the community, or at the office. Drea also can connect through phone or Zoom. Drea also provides “walk and talk” services. Depending on location, extra fee may apply.

**What to Look For in a Parenting Coach**

Inquire about what type of experience, training, or certification a coach has before making any decisions.

It’s important to find a coach that you feel comfortable talking to about various parenting issues. An open and honest relationship is an essential first step in finding someone who can help you reach your goals.

Ask questions about a coach's policies regarding confidentiality and paperwork. Make sure the person you work with is going to keep your conversations private.

**My Ideal Client:**

* Any parent and/or teen who willingly desires to be in a client/coach relationship.
* Any parent and/or teen who desires to change things up.
* Any parent and/or teen who wants to overcome being stuck, often with the same challenge
* You know what you want and are ready to do the difficult work to make it a reality.
* You are ready to stop negative self -talk that is holding you back.
* You are ready to reclaim joy, energy and connection in your life.

**As your coach, I will help you to:**

* Feel more confident on how to handle your teen’s emotional breakdowns in the moment.
* Learn tools to get the root of your teen’s behavior and prevent it before it starts.
* Discover how to help your teen feel supported and loved with whatever they are going through.
* Become more patient and understanding when your teen is anxious or acts out.
* Be the calm, confident leader your teen needs.
* Embody the image of the parent you want to be, who feels appreciated, fulfilled and in control.