

Parent and Family Coaching

Think of this as a helping hand as you continue the vital work of creating a strong family life.

You may be seeking advice or someone to listen with care and concern.

Perhaps it's that you don't know what to do and need to collaborate with someone as you create goals, strategies and action plans.

You may be looking to have someone reflect back to you the things you know are true, but may not be able to see objectively or don't want to look at.

I am not a therapist, psychologist or psychoanalyst. Indeed, as we talk, we may agree that seeking therapy is an option for you. But often, we can work together to create a more harmonious family life with some simple adjustments to daily routines, attitudes and information about child development and family dynamics.

Here are some of the areas we can explore:

- Discipline
- Bed Time Challenges
- Meal Time and Eating Issues
- Time Management
- Toilet Learning
- Child Development Issues
- Who Is In Charge in This House?
- Am I Over/Under-Estimating My Child's Abilities?
- Order and Organization of My Children's Things
- Helping Mom and Dad Get on the Same Page
- Creating a More Peaceful Household