

## What is Parent Coaching?

Parent coaching is when one or both parents (or any primary caregiver) meet with a professional coach or therapist for support with parenting. It is a short-term intervention with hands-on, here-and-now tools to bring about the growth parents want for themselves and for their child and family. Parent coaching can be particularly helpful to navigate children's specialized mental health and developmental needs. In this non-judgmental setting, parent coaching attempts to help families achieve

## How Does It Work?

Parent coaching can occur in-person, online, or over the phone. During a session, the professional coach listens, shares information, and offers strategies and resources aimed at mutually agreed upon goals like improving children's communication, increasing family functioning, or fostering confidence with parenting abilities. In some cases, the coach may connect parents with support groups or referrals for long-term assistance.

## What Can It Help With?

Parent coaching can help with a multitude of issues. Intervention goals are developed in collaboration with parents that recognize and respect their values system and lifestyles for best supporting their child and family.

## Parent coaching can help families with:

- Autism or at-risk signs
- Transitions and familial changes
- Coping skills
- Managing feelings
- Attention and impulse control
- Tantrums or other upset behaviors
- Sensory sensitivities
- Special interests
- Rigidity and routine
- Peer play and friendship skills





**3. Collaborate with parents to plan their next steps:** A conversation about what parents want and can continue to do at home and how they will remember to do this occurs at the end of each session. A plan ensues that is revisited at the next session for parents' updates and feedback.

### What Can I Expect?

Parent coaching sessions last 60 minutes and are offered weekly on Mondays (for now) in 6 or 12-week blocks for children up to 60 months of age. Initial sessions will gather information and set goals based on parent-child-family needs that become the focus of subsequent coaching sessions and treatment plans.



### What Are the Techniques?

Parent coaching specializes in the Early Start Denver Model (ESDM) with three steps to support families in their parenting journey:

1. **Prepare parents to learn:** The professional introduces new material to initiate a discussion about parents' goals and how the information relates to their priorities.
2. **Support parents to try the strategy:** The professional offers positive encouragement and feedback to guide parents' use of the strategy and evaluation of what they are doing, why they are doing it, and its impact on the child. When parents need to see what a strategy look likes, the professional may demonstrate with the child or show video of the strategy in action.

“Parent coaching can help families who do not know where to begin...”

### What is the Cost?

Six and 12-week session blocks are billed at an hourly rate of \$190. Sessions are paid in advance of 6 or 12-week blocks to protect and ensure that appointment time for families. Payment invoices are issued for parents to submit to their insurance provider for reimbursement. Our cancellation policy requires 24-hour notice to reschedule at no cost.

### How Do I Get Started?

Parents do not need a referral to make an appointment. They can self-refer to our services. To learn more, please visit our website at [www.growingmindsto.ca](http://www.growingmindsto.ca) or contact Dr. Laurie Vismara directly at [l.vismara@growingmindsto.ca](mailto:l.vismara@growingmindsto.ca).