

A photograph of a family walking on a path in a park. A man in a grey trench coat is on the left, holding the hand of a young child in a blue puffer suit. A woman in a dark blue duffle coat is on the right, also holding the child's hand. The child is holding a small blue hat. The background shows trees and a path.

HAPPY PARENT HAPPY CHILD

PARENTING CONSULTATIONS & SUPPORT

INFORMATION FOR PARENTS AND CARERS CONSIDERING PARENTING SUPPORT

THE HAPPY PARENT AND CHILD INITIATIVE





Parent Coaching

Giving you the tools to help you thrive not just survive!

At The Happy Parent & Child Initiative, we understand that being a parent is one of the most rewarding yet challenging roles you'll ever have. Whether you're navigating parenting neurodivergent children or simply looking for support in your parenting journey, our Parent Coaching services are designed to provide you with the tools, guidance, and understanding you need to nurture your child's development while caring for your own well-being.

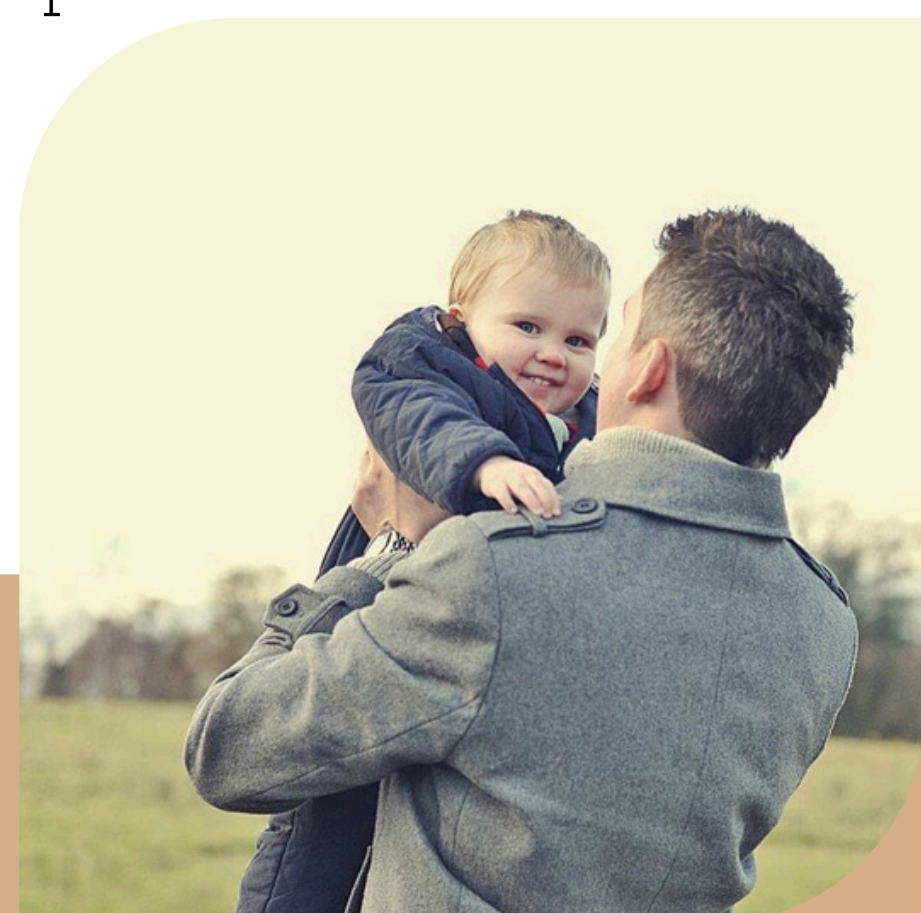
What is Parent Coaching?

Parent coaching is a personalised, supportive approach where we work closely with you to identify your goals, challenges, and aspirations as a parent. Using a combination of attachment science, psychoeducational tools, neuroscience, nervous system science and children's developmental stages, we will help you gain a deeper understanding of your child's needs, your own strengths, and how to foster stronger, more compassionate relationships.

Why Parent Coaching?

Parenting can feel overwhelming, especially when you're faced with a child who has specific emotional, behavioural, or neurodivergent needs. Parent coaching helps you gain clarity, build confidence, and discover effective tools to:

- Strengthen your relationship with your child
- Develop strategies for managing challenging behaviours
- Understand and support your child's emotional and developmental needs
- Improve communication and connection
- Create a more peaceful, supportive home environment
- Care for your own emotional health and well-being



Happy Parent & Child Initiative 2025

enquiries@happyparentandchildinitiative.co.uk
<https://happyparentandchildinitiative.co.uk/>

Our Approach

At The Happy Parent & Child Initiative, we take a **holistic, neuroaffirming** approach to parenting, deeply rooted in the principles of **NeuroConnect's 4R's of Compassionate Parenting** (our very own approach). We believe that all children, especially those with neurodivergent traits, deserve to be supported with **empathy, respect, and understanding**. We ensure that each child's unique needs are met in a way that affirms their identity and supports their emotional growth.

Our approach is not based on punitive measures; instead, we prioritise **responsive, empathetic strategies** that build a **strong, trusting connection** with your child. We believe that children thrive when their behaviours are met with understanding first and foremost. By using compassionate methods and focusing on **connection rather than correction**, we empower families to foster positive change that promotes long-term emotional well-being.

With our comprehensive framework, which includes attachment science, neuroscience, and developmental science, we help parents and caregivers understand the root causes of their child's behaviours. This enables families to **create a nurturing, harmonious environment where both parents and children can thrive together**.

Who can Benefit From Parent Coaching?

- Parents of neurodivergent children (ASD, ADHD, PDA, etc.)
- Parents navigating challenging behaviours such as emotionally-based school attendance struggles (school refusal), anger, anxiety or OCD and More!
- Parents seeking a deeper connection with their child
- Parents who want to prioritise their own well-being while supporting their child
- Caregivers looking for tools to enhance family dynamics and communication
- Parents who have tried every traditional way of parenting but find it is not working for their child
- Parents who want to change their generational patterns

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How Parent Coaching Works

Our coaching process is designed to support your unique family dynamics and parenting challenges with a personalised approach. We understand that every family is different, which is why we take the time to listen, understand, and tailor our guidance to meet your specific needs.

Together, we'll identify your parenting goals, explore the challenges you're facing, and uncover practical, compassionate solutions that align with your values and lifestyle. Whether you're looking for long-term support with regular sessions or occasional guidance when needed, we'll work with you to find the best fit for your family.

Through our sessions, you'll gain actionable tools, tailored strategies, and ongoing support, empowering you to foster a more connected, peaceful home environment where both you and your child can thrive.

What You Can Expect:

- **Clarity & Support** - Understanding your child's needs and how to best support them.
- **Practical Tools** - Strategies for real-life situations to create harmony and connection in your family.
- **Empathy & Guidance** - Compassionate, non-judgmental support for you as you navigate the challenges of parenting.
- **Personal Growth** - Healing and self-discovery, giving you the confidence to parent from a place of strength.



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The Process

1

Book a Discovery Consultation

Book a 30 minute discovery call to discuss the finer details of what you are looking for and whether our service is the best one for you.

2

Book a Coaching Session

Book a consultation / coaching session at a time that suits both you and your parent coach.

All Our sessions are Online via teams, giving you more flexibility to access our sessions from wherever you are!

3

Pre - Session

Once your consultation is confirmed, you will receive a confirmation email within 24 hours. Following this, we will send you our Parent Coaching Agreement and a pre-session questionnaire. Completing the questionnaire provides your coach with valuable background information, allowing us to maximise your session time by diving straight into meaningful discussions and providing practical, tailored support.

4

The Consult

You join the consultation session via the link sent to you via email. We run a client-centred service, meaning these sessions are always focused on whatever concern and need is most pressing for you right now.

5

The Follow Up

After your consult, your parent coach will send you an email summarising the suggestions made, (so you don't have to make notes, during your session!), as well as any additional PDF resources, suggested reading or links that may be helpful.

Appointments & Fees

Discovery Consultation (30 minutes)

£35

- Chat to a parenting coach and see if they and the support we can offer are the right fit for you.

[Book Now](#)

Transform Your Parenting
experience by booking a
Package

The Three week support Package

£370

- 3 x 60 minute consultation via video call (Value = £420)
- Comprehensive pre-session questionnaire
- Email Summary of themes discussed
- Materials or summary of strategies suggested
- Additional resources provided when required

[Book Now](#)

Parent Coaching Consultation (60 mins)

£140

- 1 x 60 minute consultation via video call
- Comprehensive pre-session questionnaire
- Email Summary of themes discussed
- Materials or summary of strategies suggested
- Additional resources provided when required

[Book Now](#)

The Six week support Package

£760

- 6 x 60 minute consultation via video call (Value = £840)
- Comprehensive pre-session questionnaire
- Email Summary of themes discussed
- Materials or summary of strategies suggested
- Additional resources provided when required

[Book Now](#)



To Schedule an Appointment

Visit

<https://happyparentandchildinitiative.co.uk/>

Email

enquiries@happyparentandchildinitiative.co.uk

Call

01473 701331

Thank you for downloading our Handbook.
I'm looking forward to hearing from you!

Kinsley
Hartgrove ♡

Founder of
The
Happy Parent & Child Initiative



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