



# Struggling with your child's behavior at home? Is parenting a challenge?



## Good to Grow parent coaching can help!

**By identifying your parenting strengths and challenges I can coach you to:**

- ◆ help manage your child's behaviors such as non-compliance, difficulty with transitions, sibling rivalry, and following directions
- ◆ speak to your children so they listen
- ◆ model positive reinforcement techniques that promote positive change in your child's behavior
- ◆ implement respectful behavior modification techniques such as calm down, reset, time-out that actually work both at home and in social situations
- ◆ co-parent effectively using the same techniques and strategies to take the guesswork out of discipline and finally be on the same page

## How does it work?

- ◆ I supply all necessary materials, including a behavior management plan, positive reinforcement charts, and daily schedules
- ◆ sessions take place in your home or community lasting between 2 to 4 hours. A 2 hour observation is required to begin. We focus on mealtimes, morning and bedtime routines, or any other challenging moments for your family
- ◆ through personalized, hands-on coaching, I aim to eliminate the uncertainty of parenting by equipping you with practical tools that can be applied daily to address various behavior challenges.

## Discover the fun in parenting!

- ◆ once you have the strategies and tools to tackle any and all situations, you will find more peace, less anxiety and overall more happiness in your home
- ◆ applying the strategies that are modeled, you will find that your children will start to listen more and your day to day lives will become easier and less stressful



Call/text for  
more info



**914-275-2791**



### About Me-Jenn Paoella, M.Ed Owner of Good to Grow

I hold a master's degree in special education and child development, as well as a certificate in sleep coaching. I have worked as a child development specialist/behavior therapist for over 18 years in both private practice, early intervention, and as a parent coach. It brings me such joy and satisfaction to work with parents and their children to help make them a more cohesive and functional family unit



## Info/Pricing

- ✓ \$475 initial fee includes behavior management plan /parent HW ● 1hr zoom call ● 2 hr in-home observation
- ✓ \$450 (2hrs) or \$875 (4hrs) in home/community parent coaching sessions
- ✓ Most families typically benefit from 2-4 in home /community parent coaching sessions
- ✓ Travel fee of \$75 for locations outside 25 miles



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