



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 provide all materials such as behavior management plan, positive reinforcement charts, daily schedules
- ◆ Sessions are at your home ranging from 2-8hrs (including one hour observation) during meal times, morning/bedtime routines or any other times that are most challenging for your family
- ◆ By providing one on one, hands on coaching I take the guesswork out of parenting

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

- ✓ \$350 initial fee includes behavior management plan parent HW • 1hr zoom zoom/phone call • 1-2 hr in-home observation
- ✓ \$360 (4hrs) or \$180 (2hrs) subsequent in home/community sessions with text support
- ✓ Most families typically benefit from 2-4 in home /community sessions
- ✓ Travel fee of \$75 for locations outside 25 miles



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