

Five Things a Parent Coach Wants Every Parent to Know

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Connection is Key: Kids are wired to be attached to their caregivers. They want to be noticed, listened to, understood, and supported. When this connection is strong, kids are more likely to listen and comply with less resistance. Look for opportunities to connect with each child daily -- playing, reading, running around the yard, or take time to listen, observe, and be quiet together. Relationship is the heart of the matter.

Kids are Immature: They are going to be forgetful, impulsive, messy, and silly. The ability to make a good choice over a not-so-good choice takes time. There's nothing you can do to rush this process. In the meantime, focus on guiding them as they learn how to handle tricky situations, giving them grace when they mess up, and letting them try again. Mistakes = learning opportunities!

Don't Fear the Meltdown: Big emotions cause parents to shift into panic mode, which usually leads to yelling, giving consequences that don't make sense, or giving up entirely. Meltdowns are a normal part of life with kids, unfortunately. Focus on being the calm, confident, supportive parent your child needs. If you find yourself having a meltdown of your own, stop, take a deep breath (or a break), and get your own emotions in check. As a parent, strive to model the kind of behavior that you want your child to inherit!

Trust Your Gut: Social media, parents at the bus stop, and even family members can give you a long list of things your child "should" be doing. Remember, you are the expert on your child. If you think your child needs additional support to thrive, seek help. Otherwise, embrace your child's unique personality, needs, strengths, and growth areas as they develop at their own pace. Mom, Dad -- you've got this!

Your Own Stuff Matters: There's a reason you're getting upset, giving in, or over-reacting. Learning about your triggers and understanding why some things bother you more than others is an important part of parenting. Sometimes you can work through these challenges on your own, but sometimes you need the support of a friend, coach, or mental health professional...and that's ok. Parenting and grandparenting is the opportunity to re-parent yourself!

As a parent coach, it would be my honor to support you on your journey of parenting. A parent coach is a trained and certified professional who helps you achieve your goals in creating a fulfilling family life and cultivating a better relationship with your children. Addressing issues such as problems with routines and transitions (morning and night, for example), power struggles, parental anger, discipline, homework challenges, chores, and "disrespectful" behavior, I give customized support, tools and advice based on your family's needs.