



About Parent Coaching

Parent coaching addresses particular areas of concern in the day-to-day dealings between parent(s) and child(ren).

Coaching is designed not only to give parents confidence in their skills but also to keep and strengthen the very important parent-child bond for lifelong positive and mutually satisfying relationships.

We create an action plan specific to each family's goals, values and lifestyle, for dealing with these daily struggles.

Step by step instructions are given and practiced.

Personalized notes and instructions will be created just for you so that you may refer to them anytime you need.

A Note About Coaching vs. Therapy

While therapists may coach a client, coaches do not do therapy. What is the difference?

Coaching is an outcome oriented action plan to address a particular problem, in this case, parenting concerns.

Coaches do not diagnose or treat mental illness such as depression, anxiety and the like.

Coaches work mainly with external issues, in our case, children's behavior and parental reaction to said behavior, such as: tantrums, disrespectful behavior, and bedtime issues as examples.

Should I notice through coaching that the client seems to be stuck in particular way or area that would be best served by therapy, I will recommend the client seek therapy services for the area of concern.



About Erin



Erin earned her master's degree in Clinical Psychology and specializes in child development and family relationships.

She has helped kids and parents in the Burbank schools from elementary through high school, through in-home and in-office counseling programs through the Family Service Agency of Burbank, as well as through Your Village, Inc.

Erin advises busy parents on a vast array of parenting issues and concerns. Her warm, supportive style allows her to help families relieve stress, and increase confidence and joy through the techniques and skills she teaches. Erin continues to stay abreast of the latest research in child development and psychology so she can help parents be as effective as possible.

In her family life, Erin is married to Cory and mom to her three amazing young children, Carter age 14, and Chandler and Taylor, both 12.

Erin enjoys training for runs and triathlons and has recently taken up English horseback riding. She has completed 6 Ironman 70.3 races.



Policies

Coaching appointments are available via Zoom video call.

It is strongly recommended in two parent households that both parents be in attendance for coaching sessions.

Parent coaching sessions are scheduled weekly and average 1 to 6 months, depending on the severity and number of issues to be addressed.

Once initial meeting is set, this time slot will be held for your family unless requested to change.

Sessions are 50 minutes in length.

24-hour cancellation notice is required.

Personal Coaching Fees

1 Session

\$200 per session/\$150 for members

5 Sessions (Members Only)

\$500



Parent Coaching Intake Form

Parents' Names: _____

Address: _____

Phone: _____

Email: _____

Marital Status: _____

Kids' Names & Ages:

Child 1: _____ Birth date: _____

Child 2: _____ Birth date: _____

Child 3: _____ Birth date: _____

Birth Order of Parents: (example: 2nd of 4)

Parent 1: _____

Parent 2: _____

Parents' Division of Duties: _____

Family Daily Routine: _____

Screentime Average Hours per Week:

Tablet/Smart Phone: _____

Computer: _____

TV: _____



Parent Coaching Intake Form

What does/do your child(ren) like to play/watch?

Child 1: _____

Child 2: _____

Child 3: _____

Main Areas of Concern: *(check all that apply)*

- Tantrums
- Whining
- Back Talk
- Potty Training
- Night time/sleep
- Discipline
- Self-esteem
- Homework/Academics
- Hitting/Biting/Kicking
- Family Organization/Schedules
- Listening/Follow-through
- Healthy Eating/Mealtimes
- Aggression-Hitting/Biting/Kicking
- General Manners
- Sibling Rivalry
- Calmer parenting
- Disrespectful Behavior
- Other: _____

What issues would you like to address?

First: _____

Second: _____

Third: _____

Have there been any big family changes? *(move, new sibling, divorce, etc.)*

If so, what and when? _____



Parent Coaching Intake Form

Please keep a mental or written note of your struggles as they arise and be sure to notice what is happening before, during and after any exchanges. Things like, time of day/what is happening (getting ready for school, got in a fight with a sibling, out late the night before, or anything else you think is important to note) during - what your child said/did and how you reacted and after - how it resolved (we both walked away mad, I gave in and let her have the candy, she finally got dressed after a 20 minute knock-down, drag-out fight, whatever it is) to share these during your session(s).

Coaching Session Time

What are your preferred time(s)?: *(Please give your time zone)* _____

We will be in touch shortly to schedule your first session.



Parent Coaching Intake Form

Tell us your story.

A large, empty rectangular box with a thin black border, intended for the parent to write their story. A faint, light blue watermark of the 'Your Village' logo is visible in the background of this area.