

Parenting Coaching

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## PARENTING COACHING

### Capstone of Parenting Coaching

Why is the need for parent coaching so greatly needed? In our current society we have come to see that parenting has become so much harder than let's say 60 years ago. With the society that we live in the currently our teachers are front and for most the ones that spend the most time with our children. With that, they see so much more than parents do. Our teachers, are having to deal with the signs of substance abuse, vandalism, violence, sexuality, and stealing on a daily bases with our children.

Our teachers are up front and personal with these problems. They have to be able to not only teach our children but also be able to tell when our children are suffering from these problems. Teachers have to be able to mentor our children when the parent is not available. Sadly more and more children are turning to these problems because they lack being in a positive home environment. As a parent myself I have always relied on the teachers of my child to be able to tell me if my child was acting out in a different manner so that I would be able to know. As a parent I know that I would make sure and talk with my children daily and let them know that I was always available if they just needed to talk.

With parenting come the lessons of how to be a great parent. And with parenting coaching a parent can learn the appropriate ways to become one. As a parent we need to have a better understanding for the five aspects to the keys of today's healthy family. One aspect that some parents do not see as important is an appropriate meaningful touch. With this it allows for the child to know that they are values and that you love them, and they are a blessing.

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Verbalizing one blessing is just as important because if you don't tell your child that they are loved they may not truly feel they are.

Attaching a high value to your child is very important. As well as telling them something special about themselves. Such as, "I know that you are able to do this because you can", being a positive role model for your child is very important. Being genuine with child will help build a better relationship with your child will help in long run. They will know that they can turn to you when they need advice because you as a parent have always been positive and honest with them.

One issue that some parents have is that they wish to be there child's friend and parent second. Being a parent first and foremost is the number one rule to parenting. There are key factors for effective prevention. One is to pray without ceasing, God is there to help with our struggles always. Communicate is something that is needed to be done on a daily basis. Be able to motivate and show affirmation when dealing with children.

The key factors for effective discipline would be to choose your battles wisely. As a parent I am so guilty of picking out the little things and blowing up over them. Instead, I should not sweat the small things as much. I have learned over the years that stressing over the small things can just make the matters worse.

I am a parent of teenager, and with that come the complications of dealing with a teen. I learned the many different principles of parenting teens. The fourteen principles of parenting are very important to a parent. I feel the most important one for me would have to be a good listener. So many parents are so quick to jump to conclusions when a teen is trying to tell them something instead of just listening to them. As a parent it is very important to help their teen with

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decisions they are making. One thing that has worked well in my household is the unity between my spouse and me. We are a team and work as one. We talk about what our child can and should not do and stand behind each other. I can honestly say that I am a parent first and a friend last. My daughter will tell you that I am a strict parent but also a very understanding parent as well. I have always treated my children separate, but that would be due to the age difference. When dealing with teens we need to go into anything with our ears open and listen before we react to what they are telling us.

I am that mom that wants to know who their child is hanging out with and what their families back ground is before I allow my child to even visit with them. I want my child to be in a positive friendship rather than a friendship that would lead to bad decisions. As a parent I feel it is very important to stay in tune with who their child is hanging out with at all times.

Lastly, teen's daughters and their fathers was the last chapter that I really liked. As a father it is very important that he be involved in the early years. I can remember when our daughter was small that her and her daddy had such a bond. He could walk in from work and take a shower and immediately she would be ready to climb up in his lap and stay for hours. As she has grown into her teenage years they don't spend as much time together as I would like. I feel however that when she does need him if only for a hug he always there to pick up the pieces. As she has started to mature I have personally noticed the body shaming that she says about herself. I am always tell her how beautiful she is and what a great heart she has. That what is on the outside is not what people truly look at. I am one that looks for the person's heart and that tells me all about them.

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As my daughter has grown my husband never forgets to tell me when our daughter gets mad at me and acts out that we are just alike. My daughter and I butt heads a lot since she has gotten older, but in the end we always have each other's back. I love my daughter with all my heart and would do what it took to protect her from the problems of this world. God is my teacher and I have passed that onto my children as well. Without God we have nothing.