

PARENT COACHING STRATEGIES: BRINGING POSITIVE AND LASTING CHANGE THROUGH RELATIONSHIP-BUILDING, CO-CONSTRUCTION, AND SELF-REFLECTION

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FIRST WORDS:

1 _____ 2 _____ 3 _____ 4 _____

QUIZ TIME!

There is no right or wrong way to complete this; it is just how you feel about it that is important

- 1. Describe your relationship with your mother and your father. Are there ways in which you try to be like or try not to be like each of your parents?**

- 2. Did you have any experiences in childhood that felt overwhelming or traumatizing? Do these experiences still feel alive? Do they continue to influence your life?**

- 3. How were you disciplined as a child? How do you think this impacts your parenting?**

- 4. How did your parents communicate with you when you were happy and excited? Did they mirror your feelings, share in your excitement? When you were distressed or unhappy, how did they respond to you? Were you “allowed” to feel your feelings?**

- 5. What impact do you think your childhood has had on your adult life in general, including the ways in which you think of yourself and the ways you relate to your children?**

PARENTS!

Lifelong impact, ultimate deciders, experts on their children!

GROUP QUESTIONS

1. Have you ever felt that "parents are a bother/get in the way?"
2. What is the ideal parent-professional relationship?
3. Do you believe more frequent communication is positive?
4. What is the biggest barrier to improving parent involvement?

RAISING CHILDREN

Families reveal their values in the way in which they raise their children.

However, many other influences in the community and school also affect children's development.

Children are never a single item, but rather a package deal. All children have caregivers of some kind, usually their parents. Supporting parents in best supporting their children has lifelong positive effects and benefits.

Many Parents believe their primary role in an educational/medical encounter related to their child is to listen to information about their child and answer questions

Every person who has interacted with more than one child understands that no two children are alike.

What of the most important thing to remember about children - and human beings- is just how variable we are in personality, temperament, and learning styles.

CHILD DEVELOPMENT

ENCOURAGED

TOLERATED

DISCOURAGED

Results in:

Parents need to hear that a developing child - and their brain- needs to try, and to make mistakes, in order to learn.

Growth appears from disequilibrium, not balance.

Change and stability. Both are absolutely necessary.

HOW ADULTS LEARN

1. Adults have a wealth of experience to draw on, and like to do so.

2. Adults aren't used to taking direction in education like children are.

3. Adults need specific opportunities to self-reflect and internalize their learning.

4. Adults have preconceived notions about education, learning styles and subject matter.

5. Adults are (often) afraid to fail.

PARENT COACHING

When working with children, we automatically are invited to work with their parents as well. Parent coaching is a collaborative and supportive approach to effectively encourage buy-in, connection, and generalization of skills.

What is Parent Coaching?

Parent coaching in early childhood is an interactive process between a provider and a parent that involves observation, reflection, and action to directly promote the parent's ability to support his or her child's participation in family and community activities.

More importantly, what is it NOT?

8 Steps to Parent Coaching

1. Check-in with parents
2. Reflect on last session
3. Discuss plan for today's session
4. Explain and Model
5. Observe and Comment
6. Reflect on today's goals/challenges
7. Highlight strengths
8. Create a home plan

Trouble with Assumptions

Maximize Collective Knowledge!

ASK!

Ask the same questions to everyone in a non-assumptive way.

What form of communication do you prefer - call, text, email?

What dates do you observe as holidays in your family?

Are there any foods you don't eat (or you don't serve your child)?

REFLECTIVE QUESTIONS

- Open-ended.
- Non-assumptive.
- A great starting point for getting a conversation going with a family.
- Helpful to increase parents' capacity to come up with their own solutions.
- Useful so we can figure out what a parent already knows and/or has already tried.

No more “do you have any questions?”!

Brainstorming – Difference between Reflective and Non-reflective questions:

We are co-constructing to build a lasting relationship!