

Family Coaching On the Go Session #3 NOTES

REAL LIFE FAMILIES

SESSION #3 GOALS

- Parent Expectations and Procedures
- Review the Teamwork Parenting Approach
- Teamwork Parenting Tools
 - Descriptions
 - How to apply them in a mentoring conversation

PARENT EXPECTATIONS AND PROCEDURES

- Fill out a brief form sharing their main parenting question or _____.
- Sign a _____.
- Connect them with a Mentor on duty who would be a good _____.

CONFIDENTIALITY

- Be respectful of _____ parenting issues.
- The only thing you have to report is child _____/neglect.
- Everything else is _____.

THE FAMILY IDENTITY TOOL

- Creating a sense of _____ in your family.
- Helping kids feel a sense of _____.
- Including your religion, _____, traditions, values, etc.
- Using your family identity to teach, train, encourage, lead, and _____ your children in life choices.
 - We are the Leebes and we are kind.
 - We are the Sanchez family and we are respectful.
 - We are the Zang family and we can solve problems together.

FAMILY IDENTITY IN MENTORING

- Ask...
 - Well, how does this _____ go against your family values?
 - How can you work as a _____ to solve this problem as a family?
 - What family _____ traits need to be taught here?

THE CONNECTION TOOL

- Staying connected and building close, positive relationships with our kids is the key to any _____ challenge.
- Spending _____ time with our kids to help them feel safe, valued, and loved.
- Creating a sense of _____ and togetherness.
- Communicating that our kids are _____.

CONNECTION IN MENTORING

If there are a lot of _____ and discipline issues,

- ASK: Do you feel your child is just trying to get your _____?
- NEXT STEPS: I suggest trying to spend 10 minutes a day with your child to work on building a _____ relationship.

THE BOUNDARIES TOOL

- Making sure that kids feel safe and _____ in having rules and boundaries in place.
- Using boundaries around health/safety and _____.
- Setting healthy expectations and consequences in _____ as much as possible.

BOUNDARIES IN MENTORING

If you feel the child is in _____ and calling the shots...

- ASK: How can you make this boundary _____ to your child?
- NEXT STEPS: Here's what I've tried to work as a team with my child to _____ a boundary.
 - Make a _____
 - Create a _____
 - Set a _____
 - Use When/ _____

THE EMPATHY TOOL

- Empathy calms our child's _____.
- Showing you _____.
- Providing comfort to walk them through their big _____.
- Creating a sense of closeness _____ changing a boundary we have set.

EMPATHY IN MENTORING

- If parents feel very _____ at their child...
- ASK: How can you show _____ to your child without giving in to their fit?
- NEXT STEPS: Something that works for me is:
 - Giving my child a big _____ and telling them I understand.
 - Saying: I know it's hard to not get what you want. Let me know when you _____ down and we can play a game together.

THE POWER TOOL

- Recognizing that our kids need a healthy sense of _____ (under our authority).
- Respecting our Power Zone and our child's _____ Zone.
 - For example: We buy and put healthy food in proper portions on our child's plate and they get to _____ if they want to eat it or not.
- Finding ways to intentionally fill our child's Power _____.

POWER IN MENTORING

- ASK: Do you feel your child needs a little more _____ - _____ power?
- NEXT STEPS: Something that has really helped my kids gain a healthy sense of power is...
 - Give my child 2 _____
 - Let them pick out their _____ (as long as they are appropriate)
 - Work as a _____ to set up a phone contract with expectations and consequences

THE PRACTICE TOOL

- Practice makes _____.
- Setting kids up for success by teaching them what _____.
- Allowing them to get things right and get positive reinforcement from positive _____.
- Being Proactive in our parenting instead of _____ (yelling, punishing, arguing, etc.)
- Providing opportunities for positive training for any _____
 - Listening and obeying
 - Speaking respectfully

PRACTICE IN MENTORING

- ASK: Do you feel your child would _____ from practicing what to do differently?
- NEXT STEPS: I've really found it helpful to take a few minutes to have my child practice...
 - Leaving the park without a _____.
 - Saying " _____ " for something.
 - Listen and obey me the _____ time I ask them to do something.

TWO ON THE SPOT PRACTICE TOOLS

The Rewind Tool and The Movie Director Tool

REWIND AND GIVE THEM THEIR LINES

- **No consequences necessary. Just rewind and _____ again.**
- **If they don't know what to say or do: Give them their _____.**
- **They are still learning the right words and ways to speak and act _____.**
 - Rewind and try saying that again with _____.
 - Say: "Can I please have a drink of water?"
 - Rewind and try asking your sister _____ for the toy.
 - Say: "Can I please have a turn with that toy?"

FINAL ENCOURAGEMENT

- **YOU DO NOT HAVE TO USE THESE TOOLS, but they are _____ and powerful.**
- **Draw on your own experiences and remember to Listen and _____ first and let the conversation go from there.**
- **You are a parent and have a lot of _____!**
- **The greatest thing you can offer is _____!!!**

YOUR NEXT STEPS...

- Take Session #3 Quiz
- You will receive an email with your Mentoring Certificate.
- Sign the Confidentiality Form
- **REMEMBER—we are all learning here. YOU can help make this program better and better.**
- **Be patient with us as we work out all the kinks.**
- SEE YOU AT OUR NEXT FAMILY COACHING ON THE GO EVENT!

Thank you for investing your time in helping us start a movement to making supporting parents, kids, and families a community priority!! You are making a difference in this world. THANK YOU!