



# Parent Connection of San Luis Obispo County

[www.sloparents.org](http://www.sloparents.org)

## WHAT IS A PARENT COACH?

Parent coaches are professionals with years of experience who listen with compassion to a parent's concerns. We help you sort through conflicting advice and minimize information overload, while supporting proven, effective strategies to find clarity with your parenting.

Many of us grew up with parenting approaches that don't fit with the parenting challenges of today. With our own children, we want to find a better way to parent. We know that parenting situations are often emotionally charged; coaching can help a parent find calm in the chaos and stay focused on what is most important, the parent-child relationship.

## COACHING CONVERSATIONS ARE DESIGNED TO:

- Create age-appropriate, brain-based strategies which address the child's unique challenges
- Build parental strengths and draw on the parent's inner wisdom
- Encourage self-care practices that can be woven into daily life
- Expand a parent's self-awareness, confidence, and competence, with realistic progress that leads to sustainable positive changes
- Provide support so that more satisfaction, peace, and enjoyment is experienced

**Coaching is available to anyone in a parenting or caregiving role**  
**Coaching services are confidential and provided at no cost**

## TO GET STARTED IN SOUTH COUNTY AND SPANISH COUNTY-WIDE CONTACT:



**Ximena Ames**

Parent Educator/Parent Coach

Center for Family Strengthening

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