



COACHING
PARENT • FAMILY • LIFE

Parent & Family Life Coaching

Informing Families

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“When we know better, we do better”

“When we know better, we do better.” This underlying principle inspires my confidence in today’s changing family. More global than ever, parents today have more access to information and resources than ever before to help them become better people. Better people become better parents, strengthening the family, our schools, and ultimately, our society.

But how do we know better? Certainly not by the tried-and-true method: repeating the same pattern and only seeing the same results. Our parenting and relational styles are products of what we experienced in

our families of origin plus our own value system. If we are repeating ineffective patterns, then we must learn new productive ways to relate in order to break the old cycle.

Attending psycho-educational seminars, like parent education classes, is one great way to add relational tools to your toolbox. Not only will you receive research-based information that is suitable to your particular situation or challenge, but you will have the opportunity to collaborate with others who are going through similar struggles in their own families. What a relief to know you are not alone!

For those whose schedules are already jam-packed with activities or who have struggles that need to be addressed in a more intimate setting, personal coaching may be very appealing to you. Coaching, often known as tele-coaching, will offer you solution-focused help in your life, in parenting, and in relational skill-building that is geared toward your goals. This one-on-one partnership will tackle your challenges from the comfort of your home, using the most effective means to help you do better.

Having a hard

time getting those teens to talk to you? Some kids hardly shut their mouths, but others seem to talk with their peers but not you as parents. This is normal in adolescence, as teens shift their sense of identity from their parents to their peers and will seemingly share things with peers they would never share with parents.

Tip: Talking with Teens

There are a few things you can do to encourage teens to talk without nagging or bribing:

Do not react..

Your reaction to what your teen tells you will determine if they tell you anything else. Bite your tongue; be calm, cool, and collective and simply ask questions. Listen before responding.

Hang out...

By providing daily times where you simply hang out with your kids—doing what they enjoy—you are creating a time and place for them to talk, whenever they choose to. Do not force it; as they feel comfortable, they may open up.

Eat together...

Research does show that children of families who...

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As a Certified Parent Educator and Certified Family Life Educator, Starria values the family and is passionate to equip parents and families to have healthy, successful relationships in order to achieve greater goals and lead productive lives.

She firmly believes that “when we know better, we do better” which is why she founded Parent & Family Life Coaching to deliver psycho-educational seminars, workshops, and coaching that is practical to families, professionals, and practitioners alike.

Parent & Family Life Coaching

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Tip, cont’d.

...eat together several times a week to better academically, socially, emotionally, etc. Using table conversation starters can aid you if this feels a bit awkward <http://www.tabletopics.com/family>.



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