
PARENT COACHING SERVICE AGREEMENT

Client Name:

THE PARENT COACHING PROCESS

The Parent Coach's part in the process is to facilitate conversations which promote parent growth in three primary areas: education and assimilation of information about child development and positive behavior management; communication skill-building; and self-awareness / self-care. The Parent Coach will listen carefully, ask key questions, and give insightful feedback that promotes the awareness and skills necessary for successful implementation of positive strategies leading to fulfillment of parenting goals. Additionally, the Parent Coach may offer supplementary resources. **The Parent Coach is not serving in the role of a therapist or social worker.** If the Parent Coach determines that psycho-therapeutic interventions would be helpful for the Parent(s), the Parent Coach will make a referral to an appropriate therapist. **The Parent Coach is not authorized to give legal advice.**

The parent coach, Nikki Rotshtein, will provide:

- Weekly parent coaching services via zoom or telephone
- Summaries of key points covered during each call and sometimes offer suggested 'homework' to be considered between sessions emailed following the session.
- Information, resources, support and affirmation to Client.
- Maintain confidentiality (exceptions include client sharing intent to harm self or others)
- Bring knowledge, honesty, and qualified experience.

The Role of the Parent(s): The Parent(s) understand that the Parent(s)' role is to answer the Parent Coach's questions as completely and honestly as possible, to engage to the fullest extent possible in the coaching process, to follow through with the positive strategies to the best of the Parent(s)' ability, and to give feedback to the Parent Coach as completely and honestly as possible regarding the coaching process and the implementation of the selected strategies.

Collaboration between Parent Coach and Parent(s): The Parent(s) understand that Parent Coaching is a collaborative process in which the Parent Coach and the Parent(s) work together to co-create the Parent(s)' goals for parenting, for communication, for self-care and for the coaching process.

POLICIES

A. Appointments: Appointments with the Parent Coach shall be scheduled at the request of the Parent(s) by email or phone with parent coach how are they scheduling?. Coaching sessions may take place via zoom or over the telephone per parents preference. Standard appointments are 50 minutes in length, and the Parent(s) may purchase individual sessions or receive a discount when purchasing multiple sessions together. Payment is made in advance via Zelle to 216-906-4259 and then appointments will be scheduled.

B. Cancelled or missed appointments: The Parent(s) must cancel within 24-hours (unless an unforeseen circumstance occurs) for the visit to not be considered a "no-show" with no refund

