

As part of ADHD WA services to members, we now have an ADHD Parent Coach available exclusively to members for \$75 per session.

What is parent coaching?

Parent coaching is a collaboration between the parent and the coach which focuses on any areas of tension or difficulty in the parenting experience. Through a process of analysis, reflection and raised awareness, new skills are acquired using the expertise of the coach in combination with the knowledge of the parent. This can have the effect of improved parent-child relationships and increased parenting confidence.

It is well documented that parenting children with ADHD can be particularly stressful. Talking through challenges with a coach who has expertise in ADHD can provide a forum for solving these problems.

Some strategies which can be explored through parent coaching:

- Learning to “choose your battles” when dealing with your children’s behavior.
- Exploring what has previously worked for you and your family (your strengths) and replicating this success.
- Reviewing evidence based behavior management strategies which can work for your situation and family.
- A better understanding of your own emotional reactions and techniques to manage those that don’t serve you well.

Typically a coaching program lasts four to five months, with weekly meetings for the first 3/4 meetings and then longer periods between coaching. This is client driven and dependent on each individual parent’s requirements. A coaching session lasts between 45 minutes to an hour.

When: Available every Monday between 9.30am and 3.30pm. Skype sessions can also be arranged.

Cost: \$75 per session, only available to ADHD WA members

Location: Niche, 11 Aberdare rd, Nedlands, WA 6009

Booking: Please call (08) 64577544 between 9.30 and 2.30 Monday to Friday