

Parent Coaching

- Do you need support to connect with your child?
- Are you looking for new strategies for making parenting more effective and less stressful?
- Would you like to learn how to improve your response to your child's behaviour?

We know that this is a difficult time for parents and kids. The caring parent educators at Family Services Ottawa are offering Parent Coaching via telephone and video conferencing. This is an opportunity for parents to discuss parenting challenges and develop skills to respond to their children. There is no cost for this service.

Topics that can be explored include routines, setting limits, positive discipline techniques, reducing anxiety, reasons for misbehaviour, child development, co-parenting and effective communication and many more.

Please contact the Parenting Program Coordinator to learn more about Parent Coaching or to access this parent service:

wsmith@familyservicesottawa.org or leave a voicemail at 613-725-3601 ext 108