



## Parenting Guidance/Counseling

*In parent guidance/counseling we will team together to learn new and creative ways to:*

- ❖ Gain parenting skills
- ❖ Gain coping skills
- ❖ Gain skills in managing infants sleep and eating/breastfeeding – and take care of yourself
- ❖ Gain skills to manage discipline
- ❖ Learn Communication
- ❖ Understand your changing child
- ❖ Understand the education process for yourself and your child
- ❖ Learn how to set effective boundaries for you, your family and your child
- ❖ Understand and learn how to take back the adult roll in your relationship with your family/children
- ❖ Heal from and gain respect and power back from an abusive parent child relationship
- ❖ Explore and come to a successful compromise with your partner about parenting styles
- ❖ Remove undermining and negative rolls within the family system
- ❖ Manage yourself and your family when your child has a mental health diagnosis/illness (depression, anxiety, ADHD/ADD, SED, Childhood onset Bipolar, Oppositional Defiant, Conduct Disorder, etc.)
- ❖ Managing being a single mom or dad
- ❖ Creative techniques for learning disabilities

