**Parent Coaching Session Outline**

**Session 1:**

Content: Program introduction and assessment, confidentiality, additional family intake form

Videos: SMART Goals

Worksheets:

**Session 2:**

Content: SMART goals, 5:1 ratio

Videos:

Worksheets: SMART goals overview, SMART goals worksheet

**Session 3:**

Content: Self-compassion, growth and fixed mindsets, mindfulness and self-compassion

Videos: The three components of self-compassion, self-compassion break audio clip

Worksheets: SMART goals worksheet, SMART goals overview

**Session 4:**

Content: Personal wellbeing, teaching children to self-soothe and self-regulate, co-regulation

Video: 5 ways of wellbeing

Worksheets: SMART goals worksheet, SMART goals overview

**Session 5:**

Content: Gratitude, benefits of gratitude, incorporating gratitude into daily living

Videos: Gratitude: what is it and how to create a gratitude practice with intention

Worksheets: Gratitude: 3 good things, why I’m grateful, SMART goals overview, SMART goals worksheet

**Session 6:**

Content: Parenting styles and their impacts on children

Video: Parenting styles

Homework: Parenting styles questionnaire, SMART goals worksheet, SMART goals overview

**Session 7:**

Content: Child development, growth and development milestones, developing secure attachments with children

Videos: Elmo’s belly breathing, early childhood development playlist

Links: British Columbia healthlink – growth and development milestones

**Session 8:**

Content: Sleep, creating bedtime routines, sleep approaches

Video: Safe sleep environments, 2-3-4 nap

Worksheets: SMART goals worksheet, SMART goals overview

Links: Healthy sleeping habits

**Session 9:**

Content: Self-esteem, socialization

Videos: What is the most important influence on child development?

Worksheets: About me sentence completion, activity list.

**Session 10:**

Content: Program review, boundaries and discipline, guiding children

Video: Why healthy boundaries are essential for children

Links: Approaches to discipline