



FREE PARENTING COACHING

BY LEGEND DURAND COACHING



FREE COURSE/ GUIDE FOR PARENTING COACHING

by Legend Durand Coaching

Week 1: Understanding Who Your Kids Are

- ❖ **Goal: Develop a deeper understanding of your child's unique personality, needs, and motivations.**

- ❖ **Day 1-2: Discovering Your Child's Identity**

- ❖ **Reflect on your child's strengths, weaknesses, likes, dislikes, and aspirations.**
- ❖ **Activity: Write a journal entry about what you know about your child in detail.**

- ❖ **Day 3-4: Recognizing Developmental Stages**

- ❖ **Learn about appropriate age behaviors and challenges your child might face.**
- ❖ **Read a short article or watch a video on your child's current developmental stage.**

- ❖ **Day 5-7: Understanding Emotional Triggers**

- ❖ **Observe your child's responses to different situations without judgment.**
- ❖ **Activity: Keep a diary of moments when your child is upset or happy and analyze patterns.**

- ❖ Step-by-Step Strategy for the Week:
- ❖ Spend at least 15 minutes observing your child without interrupting.
- ❖ Use active questioning: “What’s something new you’re excited about?”
- ❖ Summarize your observations to better understand their emotional world.
- ❖ Week 2: Communication & Empathic Listening
- ❖ Goal: Improve the way you communicate with your child by focusing on active listening and empathy.

- ❖ Day 1-2: Mastering Empathic Listening
- ❖ Practice listening without interrupting or offering advice immediately.
- ❖ Activity: Sit with your child and say, “Tell me about your day.” Respond with reflective statements like, “It sounds like you felt [emotion] when that happened.”
- ❖ Day 3-4: The Art of Asking Open-Ended Questions
- ❖ Avoid yes/no questions and focus on open-ended ones like, “What made you feel proud today?”

- ❖ Activity: Have a conversation where you only ask open-ended questions.
- ❖ Day 5-7: Building a Safe Communication Environment
- ❖ Create a judgment-free zone where your child feels comfortable sharing.
- ❖ Activity: Introduce a “sharing moment” during dinner or bedtime where everyone takes turns expressing their thoughts.
- ❖ Step-by-Step Strategy for the Week:
 - ❖ Choose one time daily to sit and actively listen to your child.
 - ❖ Validate their feelings with statements like, “I understand why you might feel that way.”
 - ❖ Write down your child’s responses and reflect on how you can better support them.
- ❖ Week 3: Quality Time, Acceptance, and Strengthening Bonds
 - ❖ Goal: Create lasting memories and show unconditional love and acceptance.
- ❖ Day 1-2: Prioritizing Quality Time
 - ❖ Schedule one-on-one activities with your child, even for just 20 minutes.

- ❖ Activity: Choose an activity they love—reading, playing a game, or going for a walk.
- ❖ Day 3-4: Demonstrating Unconditional Acceptance
 - ❖ Avoid correcting or criticizing during bonding moments. Focus on showing you accept them as they are.
 - ❖ Activity: Write your child a letter or share verbally why you appreciate them.
- ❖ Day 5-7: Establishing Family Traditions
 - ❖ Create rituals like “Sunday Breakfast Talks” or “Friday Game Nights.”
 - ❖ Activity: Involve your child in planning a fun family activity to build a sense of belonging.
 - ❖ Step-by-Step Strategy for the Week:
 - ❖ Dedicate undistracted time daily for bonding (no phones or work).
 - ❖ Reinforce your love through words and actions.
 - ❖ Celebrate small victories and make them feel valued.
 - ❖ Summary of Responsibilities for Parents:
 - ❖ Understand Your Kids: Know their strengths, challenges, and needs.
 - ❖ Approach with Empathy: See the world through their eyes and validate their emotions.
 - ❖ Communicate Effectively: Practice active listening and foster open dialogue.

- ❖ Spend Quality Time: Dedicate moments for undivided attention.
- ❖ Show Unconditional Acceptance: Accept and love your kids as they are.
- ❖ By following these strategies, you'll see a transformation in how you connect with your children, creating a more loving and supportive environment for your family.



Kids name			
Coach/			
Parent(s):			
Date:			
<p>_____</p> <p>has agreed to make an effort to modify his/her behavior. will self-assess and teacher will assess using a Performance Level rubric of four to one:</p>			
Score 4	Outstanding effort with excellent success!		
Score 3	Good effort and acceptable behavior. Yay!		
Score 2	Some effort with limited success. Keep trying!		
Score 1	Little or no effort during this period. Let's talk.		

<p>It takes a village to raise a child, and the names to the left represent the most important influences on behavior for our student. We agree to support specific behavioral expectations with:</p> <ul style="list-style-type: none"> <input type="checkbox"/> <edit for daily, weekly goals> communication <input type="checkbox"/> Urgent alerts as needed <input type="checkbox"/> Positive reinforcement <input type="checkbox"/> Incentives <input type="checkbox"/> Clear consequences <input type="checkbox"/> Specific goals and goal reassessment 			
Behavior Goals	Student Assessment	Teacher Assessment	Notes (S or T)
Student will <insert comment from page 2>			

Student will <insert comment from page 2>			
Student will <insert comment from page 2>			
Student will <insert comment from page 2>			
Student will <insert comment from page 2>			

Based on the Performance Levels in the chart above for this reporting period, Behavior Goals do / do not need to be adjusted.

List of Behavior Goals to be Considered

Speak respectfully	Keep hands to yourself	Avoid interrupting teacher
Avoid interrupting students	Pick-up after yourself	Greet peers with a smile and eye contact
Follow directions the first time given	Change tasks quickly	Have a positive attitude
Bring all materials to school	Turn in homework on time	Turn in classwork on time
Turn in projects on time	Give best effort	Be in the right place as directed

Take time to consider actions before taking actions

Line up immediately after bell rings

Use restroom during breaks

Avoid bullying other students

Use kind words; swallow mean words

Coexist with technology; do not be ruled by it

Accept failure/errors as perfectly normal opportunities to learn

Ask for help if needed

Listen carefully