



How can Parent-Coaching Help?

“Why do parents today need parent-coaching?” is a question I have been asked many times.

Why can't parents just parent the way we always have - taking some of their ideas from their own parents and coming up with others of their own? This is a model that has worked well for centuries now - despite parents wishing that their child did come with that magic manual!

The difference is now however, we live in a time of such vast technological change that it is a very different world in which to be a parent. What we once could learn from past generations, no longer holds true. Our parents didn't have to contend with the ever present forms of technology that we as parents do - today 2% of Australian 5-8 year olds own a mobile phone with this rising to 76% of 12-14 year olds. Many of our children now have virtually 24/7 contact not just with us but with their peers!

Our children are watching up to 3 hours of TV a night and also often spend hours on the internet (17% spending more than 10 hours per week) with the increasing risk of them being exposed at some time to offensive material. Figures taken from Australian Institute of Family Studies.

We as parents don't have guidelines from our own childhoods to deal with these constant changes and challenges, nor the ever increasing pace of change which is a part of our modern day world.

On top of these technological changes many families today don't have the connection to extended family. It can be tough (as well as rewarding) being a parent today!

This is why parent-coaching can be a very valuable support for parents. Good coaches know that parents don't need 'fixing', just the chance to see their situation differently. Coaching provides parents with an opportunity:

- to gain skills and knowledge to face change with confidence
- to discuss strategies to deal with the challenges that modern day parents face
- to become observers of their own behaviour as we can only change what we notice
- to acknowledge their strengths and make their own choices about change
- to be accountable to themselves for the changes they wish to make
- to maintain close family relationships, which in today's society are more important than ever.

In this changing world, **Need2Connect** parent-coaching can support you to give your children the very best start in life.