



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING FAMILIES THRIVE

## PARENT COACHING Counseling & Social Services

Any parent will tell you how challenging it is to raise a child. At any given time a parent can feel overwhelmed, defeated and hopeless. They can also feel pride and joy when their child achieves a goal or smiles at them in just the right way. The purpose of Parent Coaching is to help good times increase and bad times seem more manageable.

Using the **Common Sense Parenting** curriculum, YMCA Parent Coaches provide support and guidance to the individuals they work with, while also helping them achieve the techniques needed to overcome obstacles they may be facing.

Common Sense Parenting (CSP) is a practical, skill-based parenting program that can be applied to every family and was developed by Boys Town New York and offers CSP, as well as CSP for Infant and Toddlers, in both English and Spanish. The program's logical strategies and easy-to-learn techniques address issues of communication, discipline, decision making, relationships, self control and school success.

### CSP gives parents the tools to:

- > Correct and change problem behavior
- > Minimize problems that disrupt family life
- > Raise responsible, caring children

### Other Specific Areas of Support Include:

- > Basic Parenting Skills
- > Parenting a Child with Emotional or Behavioral Needs
- > Do's and Don'ts of Effective Discipline
- > Positive Consequences
- > Spending Quality Time with a Child
- > Behavior Modification (including charts and contracts)
- > How to Stop Yelling
- > Time Management
- > Communication Skills
- > Organizational Skills
- > Stress Management
- > Budgeting
- > Substance Abuse Education and Support (for parent and child)
- > How to Keep Your Child Safe
- > Domestic Violence



**"My Parent Coach taught me the skills I needed to organize my house, manage my time and advocate for my family. I finally feel like I have my life under control."**

– F. F., program participant

## THE COMMUNITY YMCA

Counseling & Social Services Outreach Office

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**Here for all.** Financial assistance is available based on need.