Examples of Coaching Topics

Parenting at home

My child is struggling when they get home from school. School have said they are getting on fine there. They are getting distressed over small things that didn't bother them before. We haven't looked at neurodivergence before, and now I'm starting to wonder if they might be Autistic.

My child is being more aggressive towards me. They have times when they get really upset and lash out. They are doing ok at school and have a couple of close friends. School have not mentioned any challenging behaviour there so it seems to just be at home. I don't know how to help my child.

My child wants to spend all their time on their iPad. We don't tend to spend much time on devices as a family and it is worrying me that they are spending so much time watching movies. They are constantly asking if they can watch things and when I do give in and let them watch something its not enough and they want to watch more. I don't know how to keep it under control.

I find it really difficult how other people judge my parenting. My parents are so condescending about the way I parent. Things are different to when I was younger and they don't seem to understand. I feel judged all the time.

My child is a really fussy eater. They are making mealtimes really difficult for our whole family. They refuse to eat what we are eating and are always complaining about how they don't like the taste. I don't want to be making lots of different meals and I'm not sure what to do.

My children really struggle with the transition of coming back from seeing their father. He has a really different approach to parenting and my kids come back all over the place. It takes them a few days to feel better again. They can be really argumentative and lash out at me and at each other when they get home.

My child doesn't want to leave their bedroom. They are getting more and more isolated. We used to go out on day trips together and since lockdown they have wanted to go out less and less.

Examples of coaching topics that people bring

I'm worried about the future. My child has quite a lot of challenges with being in the world. They are quite far behind their peers and they won't be able to get a 'standard' job or go to university. I don't know how things will be for them and I'm worried about when I am gone.

Parenting outside the home

My child has these massive meltdowns while we are out shopping and it is the worst! They throw themselves on the floor, scream and shout and I am so embarrassed. I know everyone is watching and I feel so judged. Sometimes people make comments, or just stare. I want the ground to swallow me up.

The school are complaining about my child's behaviour. They have said that my child has been hitting other children, and has even bitten one. He doesn't do this at home and I'm not sure what to do.

I need the school to apply for an EHCP for my child and they are dragging their heels. I really need there to be some support for my child and I'm not sure what to do.

The EHCP needs reviewing and I am worried that it needs changing quite a bit. My child has struggled over the past year and the current EHCP doesn't really reflect what is going on for them now. I'm not sure where to start.

My child is due to start school in September and I don't think they are ready. They are getting on well at home and clearly learning things. They just seem quite anxious when we are out of the house. I'm not sure how to tackle it as I work and cannot homeschool them.

My child is due to start secondary school in September and I'm really worried about the transition. They seem to be having more challenges with more things at school and I don't know how it will be for them.

My young person is due to finish secondary school in a few months and I don't know what they will go on to do. I don't know how the finances work. I don't know how to help them with the next steps.

Examples of coaching topics that people bring

Other relationships

My child is really struggling with their relationship with their siblings. They used to get on really well and now they are constantly at each other's throats. I'm finding it really hard.

My relationship with my partner is suffering because we do not get any time together. We are constantly looking after the needs of our children and our relationship is always the last on the list. I'm worried we might not survive the next year if this carries on.

My relationship with my parents is really struggling..

My relationships with my friends is really struggling...