



HOW *WPW RP COACHING WORKS

The *WPW RP Approach begins with the belief that you are the most important person in the world to your child and that makes you the very best person to help your child learn to manage difficult feelings, follow directions when you give them, and accept the limits and boundaries set by you. Learning from you how to manage feelings and follow the guidelines that you set, is what will actually help your child to be happy, successful in school, develop healthy relationships with others, and build self-confidence.

Your *WPW RP coach will work together with you to help you develop your own confidence to teach and coach the rules and values you believe are important. Your coach will help you to know how to realize the difference between when you need to simply support and listen to mad, sad or scared feelings, and when you should hold firm to a direction you have given or a limit you have set in order to help your child mature and develop self-control and self-discipline. Your coach will always do the following 6 steps any time you wish to work together to create a coaching plan for your child:

LISTEN to your concerns about your child's challenging or worrisome thoughts, feelings, and behaviors;

EXPLORE with you all the possible contributing factors that might help to explain and understand the challenging or worrisome thoughts, feelings, and behaviors;

IDENTIFY what the probable explanation is through the WPW RP framework, such as temperament imbalance, protest style, amygdala hijacking, the three-story brain, or just being "stuck;"

TEACH you reparative parenting strategies such as the 4-Step Emotion Coaching Model and/or the 5-Step Progressive Discipline Strategies;

COACH you through the real moments in which your child needs you to coach and teach emotion management or needs you to set limits/boundaries and follow through with directions and expectations for rule-following.

SUPPORT you as you guide your child through the challenges of healing, recovery, & maturation.



WPW REPARATIVE PARENTING APPROACH ASSESSMENT OF
PARENT READINESS TO PARTICIPATE IN * WPW RP COACHING

Date: _____

Parent/Caregiver Name: _____

Please indicate your interest in learning the *WPW RP Approach.

Very Interested

Somewhat Interested

Not Interested

Please indicate your readiness to begin WPW RP coaching.

Very Ready

Somewhat Ready

Not Ready

Participation in WPW RP coaching may require you to make some changes in your current discipline system. Please indicate your willingness to alter some aspects of your current discipline approach.

Very Willing

Somewhat Willing

Not Willing

Participation in WPW RP coaching may cause some changes in your current family dynamics. Please indicate level of concern.

Very Concerned

Somewhat Concerned

Not Concerned

Please use the space below to indicate any other concerns you want to share that might be relevant to your child's challenging behaviors:



OUR FAMILY CULTURE

The culture we identify with as individuals is present in almost everything we do in the larger LifeSpace. Our religious or spiritual beliefs, and the cultural values and traditions we follow, affect how we feel about family life, work, and play.

Our values and culture are present in how we take care of ourselves, and our families, what we expect from others, the food we like and how we prepare it; how we understand gender and gender roles, and even how we raise our children.

Learning about your culture, traditions, and the values that are important to you will help to ensure that your WPW RP coaching that is respectful of your beliefs when working with you to develop your Family Coaching Plan.

1. What are your cultural practices and traditions?
2. Is there an ethnicity or nationality that you identify with?
3. Do you have a religious or spiritual practice?
4. What is the primary language spoken in your family?
5. What beliefs and traditions would you like your child to share?
6. What are the most important values that you want your child to learn?
7. What are your beliefs about how families should communicate and operate?



*WPW Reparative Parent Approach Coaching Agreement

The undersigned person(s) request that _____
(Name of WPW RP Coach)

With _____
(Name of Agency)

provide coaching in the *WPW RP Approach to:

Parent/Caregiver

Parent/Caregiver

I/we have been informed and understand that coaching in the WPW RP Approach begins with a conversation about my/our concerns about my/our child(ren's) challenging behaviors, and how to improve behavior and our family relationship. I/we understand that we will work with our WPW RP coach to develop an understanding of our family system, identify the cultural values that I/we wish to teach our child/ren, and create a *WPW RP Family Coaching Plan that will help our family to be successful.

I/we understand that WPW RP coaching will focus on developing and utilizing *WPW RP tools and strategies to improve the quality of my/our family life and to assist my/our child/children to mature, heal, and gain age-appropriate self-management skills. I/we understand that *WPW RP parent-child coaching will be limited to learning new strategies for improving my/our relationship with my/our child(ren) and creating healthy limits, boundaries, and rules.

I/we understand that we are not engaging in any deeper exploration of my/our personal history or difficult experiences that I/we may have experienced without my/our express permission and only as it relates to understanding my/our child's behavior and improving our relationship. I understand that I am free to terminate *WPW RP coaching at any time without advance notice or explanation.

Print Name: _____

Signature: _____

Date: _____

Print Name: _____

Signature: _____

Date: _____

*WPW RP Coach Name: _____

*WPW RP Coach Signature: _____

Date: _____