

## **Biblical Parenting Coaching Program 8th Week Final Evaluation**

The following is the report from the coach who worked with a parent using the Biblical Parenting Coaching Program for eight weeks. Here's a brief summary of the family situation that the coach presented at the beginning of the first week. No names are used to protect the privacy of all involved throughout the training.

I will be working with mom of a bossy, manipulative eight and a half year old girl. She is mean, and even hits and pushes her siblings. She has brother, age six and two sisters, ages five and two. We've chosen to work on the heart quality of RESPONDING WELL, especially when siblings annoy her. Mom homeschools, Dad works a lot but wants to participate.

Each coach completes a final report. This report contains some terminology that is taught in the program that emphasizes both technique and strategy that reflect a heart-based approach.

### **FINAL COACHING UPDATE**

I began the final meeting by reviewing the initial intake comments with Mom and asking if she had seen changes in each issue/area. The initial concerns the parents expressed at our first meeting on June 10, 2017, are listed below, followed by Mom's updated responses from our final meeting on August 17, 2017.

*Parents' initial concerns are in italics and stated in present tense because I copied them from our first meeting notes. [Mom's comments from our final meeting are in brackets and bold text].*

*Daughter complains about being asked to do something when she's in the middle of something. She argues. [Daughter might argue 1 out of 10 times now, vs. 10 out of 10 times before the coaching program. Arguing has dissipated for the most part.]*

*Daughter is really bossy with her siblings. She's mean, hits, pushes, and she isn't kind. [Mom said there has been 80% improvement in this area. Now daughter stops and catches herself when she is being bossy with her siblings.]*

*She's very manipulative (resourceful), finding ways to trick her siblings out of their allowance. [Now the daughter is using the positive character trait of resourcefulness to respond to her siblings (for example, asking her 5-year-old sister what she would like to play) instead of manipulating them out of their allowance.]*

*Daughter argues/reasons with parents. Very persistent. [Mom said this has been the biggest change. Daughter's relationship with Mom is greatly improved. Because of the effort Mom put into building the relationship, daughter sees Mom on her side. Instead of feeling like she is alone against the world and being defensive toward her parents, she feels like it's her and her Mom against the world. She considers what her mom says, and she knows mom is an advocate for her. Mom took her role as coach seriously, and now she's reaping the results!]*

*At camp, daughter and her brother fought over an inner tube in the swimming pool and hurt another baby that was in the water. [There have been no incidents like this since coaching began.]*

*Hit brother in stomach with his recorder because he was annoying her. [No more issues like this either.]*

*Relationship with parents isn't great. Strained with Dad, growing out of relationship with Mom. Closer to nanny than Mom. [Now Mom has a great relationship with daughter. Daughter is open and unreserved with Mom, whereas before the coaching program, the daughter was more closed toward her Mom.]*

*Daughter snarls, gets ugly with siblings. [This is no longer a problem.]*

*The "perceived presence of a sibling" sets her off and annoys her. This happens all the time (not just at a particular time during the day) [Daughter is working closely to her siblings all the time now with no incidents!]*

*Daughter solves arguments/problems by stopping talking to her siblings/giving them the cold shoulder. Problems are never really resolved. [Daughter hasn't been resentful toward siblings after difficult situations. Ending discipline times with a Positive Conclusion has really helped this family!]*

*What works now in your parenting (Before)? Mom yells. Having the kids "take it outside" works. Isolation/creating space works. [AFTER: Yelling has dissipated. Mom has an adult Positive Conclusion with herself when necessary. See more info on this below under "What did the parent learn?"]*

I asked Mom if she feels like she's seen change/progress in her daughter and in herself in 40 days, and she said, "We've seen TREMENDOUS PROGRESS!"

**NOTE:** Reviewing the initial intake information was powerful for Mom because her daughter has made progress in every area. The daughter has made so much progress that Mom had forgotten some of the original examples of problems and how intense they were. Recalling the original issues and comparing them with where the daughter is now really made an impact. (I think I will make a practice of

reviewing the intake information in my last meeting with parents from now on, because seeing huge improvement gives them hope to press on with a heart-based approach.)

## **HOW GOD WORKED IN DAUGHTER'S HEART**

God has done some amazing things in the daughter's heart over the past eight weeks! Initial problems are no longer an issue!

The daughter is more intentional about responding to the needs of others, particularly to her mom's and her siblings' needs. The daughter is quicker to recognize when she is being bossy with her siblings, and such situations are becoming more infrequent. Previously when daughter and younger sister were in the same room, problems almost always came up. Now when the older daughter and her younger sister are together, the older daughter is more attentive to her younger sister's needs, and the problems that were present before have for the most part disappeared. Daughter is working in close proximity to her siblings without issues.

Daughter hasn't had any anger episodes for three weeks now! She seems to have had major success in this area. Mom feels like her daughter has overcome the habit of being quick to get angry. Mom says they've gone from maybe up to 20 anger episodes a day to going days without one episode!

Mom and daughter have a closer relationship than they did before the program. Mom feels like this has been the area of greatest improvement. Mom said her daughter has gotten free of thinking that she is "doing it alone." Now daughter believes her mom is on her side, and the mother-daughter relationship is flourishing!

Daughter's growth in mature thinking and vocabulary has been an "awesome surprise" for Mom. They now have conversations about Level 2 and Level 3 Thinking, and they take time to stop and consider others' needs and what that looks like in specific situations. Mom said that her daughter is getting outside of her head and acting with intention and love.

## **HOW GOD WORKED IN MOM'S HEART**

Mom has recognized the importance of having a close relationship with her daughter, and she has been intentional about building that relationship throughout the program. Mom said that developing herself as a coach has been the biggest change in her parenting. Through the Biblical Parenting Program, she has come closer to the picture of the mom she wants to be. She yells less, gets frustrated less, and she is less reactive in her parenting.

Mom isn't drained of energy at the end of the day. She has confidence that when she doesn't know what to do, she can find an answer or develop a plan. She has learned the strength of having a plan. She had gotten into a habit of being frustrated, but practicing the Positive Conclusion has helped her move away from that kind of thinking. She is hopeful.

Mom says the biggest change in her own heart is that she now has HOPE. Because she has hope for the future, every challenge/difficult situation doesn't seem life-ending. Instead, she looks at challenges as another opportunity to teach, coach, and vision. She's not overwhelmed and doesn't feel like she needs to yell. She said, "I know what to do, and if everything else fails, we all take a Break."

Now Mom has hope that things can change and that her family can grow closer together. This hope is propelling her forward to continue reaching her children's hearts. She is excited about going through the program again with a second child — her five-year-old daughter.

God has used the Biblical Parenting Program to change Mom in some profound ways. Mom is dedicated to using a heart-based approach in parenting her children. She is looking down the road long-term, and she realizes that reaching her children's hearts is imperative!

Biblical Parenting Coaching Program  
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