

Coaching Evaluation Form

This is a coaching report of a coach who went through the training and worked for eight weeks with a Dad and Mom of a 4-year-old boy who was angry, had regular temper tantrums, fought with his brother, resisted parental leadership, and created chaos at bedtime. After going through the program, here's the report.

How did the child change? Using feedback from the parent what are some ways the child changed over the coaching period? You might think in terms of actions, beliefs, patterns, and relationship.

Their son has become more receptive to correction and now participates in a solution to avoid the action in the future. He has been able to better identify a good choice vs. a bad choice before he carries it out which means he requires less correction. Their son has become better at following instructions. He still needs prompting but parents have figured out a better way to grab his attention and help him rather than just yelling and forcing him which always resulted negatively for all parties in the family. The parents see their son feeling more empowered as a 4-year-old. He has a few chores and jobs that are just his (like putting away his laundry, putting the toilet seat down, turning on the bath, and bringing dishes to the kitchen after a meal). The parents gave him ownership and now he does these things without being asking.

Their son was having really difficult emotional outbursts/tantrums at least once a week- sometimes every other day. These were really hard on the parents and strained them as a family unit as well. Since about week 3 in this program, the frequency of these episodes has diminished and now he rarely has one.

Bedtime was also a huge struggle for several months, and it nearly always resulted in a tantrum which left everyone in the family feeling drained and sad/upset. The parents have added to the bedtime routine making more time for one on one with either Mom or Dad and now can see that is absolutely what was needed. Mom is confident now that their son will stay in his room and rest 95% of the time, before this program it was basically guaranteed that he would come out of his room and scream at least once every single night.

What did the parent learn? In what ways has the parent made changes in actions, patterns, and beliefs? Use your own

observations as well as the testimony of the parent.

Mom learned more than she thought possible. What really surprised her is that at least 50% of the change needed was from her (and her husband). Through this program and coaching guidance, Mom and Dad have adjusted their parenting style to better fit their son and now view this as a partnership and mentorship vs. them just being the ones in charge. Some of the things they learned through the program “seem so basic, like teaching the right way vs. the wrong way to do something- but it is SO helpful to put it in action and practice.” The parents have a great desire for their son to succeed and desire for him to love his family. At the end of these 8 weeks, they are confident that they are headed in the right direction with all of the tools they now have. Some of the changes the parents have made are:

Pre-play pep talk (encourage problem solving) – they know that play time with their son and his brother is often a time that he will hit or take away a toy so parents talk ahead of time to set expectations.

Increasing relationship in the home with laughter by being more playful.

Practice saying YES more. Parents realized that they say NO to a lot of things just out of convenience which in reflection hurts their heart to think that they did that for so long.

Pick their battles. Learning when to just be firm and not make a big deal of something or ignore it completely.

Set a culture of being affirming when they see something good. This has been huge for their son's confidence and now he actually has started affirming his little brother when he does something.

Parents remind themselves that their son is 4 years old. They have reset their expectations.

What did you learn? Share your reflections here on ways you learned how to empower parents more effectively?

One of the biggest things I realized in the last 8 weeks was that God is doing a great work within the family unit. Each family truly is so unique and God convicts and encourages parents in their parenting on different topics and at different times. I was grateful to be a part of this family's

learning process over the past 8 weeks. The larger plan God has for His little children's lives is being started right here and now within the family He chose to give them. I've always known that change takes time but this program enabled me to break down a grander goal that God had given these parents into small manageable parts.

I learned a great deal about touching the heart of a child. Being a parent myself, I have much more grace on my children, I've begun looking at what is beneath the surface (behaviors) and into the heart (the motivation/reasons behind the action). I was struck greatly by the firmness material. Mainly that firmness doesn't need emotional intensity to work, in fact this breaks relationships. I was also reminded that it takes two to argue and became more intentional about not letting myself get drawn into a fight with my child. I was encouraged through this program because as parents we were practicing the Positive Conclusion and emotionally connecting/building relationship with our children, without knowing they were a part of the program. I learned many new tools (such as visioning and the T-Chart) but also was affirmed by how we had already chosen through our relationship with Christ to guide our children and these tools lined up with what was being taught at the National Center for Biblical Parenting. That was exciting!

Becoming a coach was another adventure all together. Through the material I was learning for my own family, I was growing in confidence to guide another family. I never felt like I had to have all the answers. I didn't feel alone while coaching this family but felt supported through the coach on-line community and Biblical Parenting University. This built confidence in my heart about the direction God was calling me to in my life, to help parents change their family tree.

Their son has a great family. They love him and his brother so much. When we first started meeting, his parents couldn't understand what they were missing but they knew what they were doing wasn't working. Their child was ruling the home & they had been praying for something to change. That was within days of that prayer that God lead my phone call to Mom asking if she was interested in being a part of the Coaching Program.

Listening was the first skill I learned that enabled me to empower Mom. During several hard weeks with her son, I could tell that the more I listened the more she opened up to me and could trust me. This relationship then opened the door for me to offer tool and strategies for her

and her husband to try. Before we closed each meeting I would encourage her with the hard work she had been doing the past week. I was able to use visioning in her life during our meetings to empower her to speak life into her son and build him up. I knew I needed to be faithful in my commitment to this family by meeting with them each week and doing my homework in order to share new ideas and tools with them. I was able to point Mom back to God's Word often finding connections for her in scripture that spoke to her situation. She seemed to take comfort in this and could even relate the stories to their son and teach him the WHY for what she was asking. During one off week I realized quickly that without my own learning I wouldn't be able to be used by God as effectively to empower these parents with strategies and a plan for action for the coming week. Personally staying on top of the reading and videos helped me to feel empowered to empower these parents.

The Break was a wonderful new concept I was able to empower this family with and use in my own home. Transferring responsibility of change to the child through the Break enabled the parents to be calm in moments of high stress leaning on God to do the change in her son's heart. Mom especially began to see that she was equipping their son with a skill for life. The Break wasn't a punishment he deserved but a chance to work on his emotions. She began to partner with her son in teaching and coaching him rather than just being in charge.

God has done a great work in this family's home over the past 8 weeks. I am grateful for having had this opportunity.