

Can I Family Behavior Coach Support Me?





Are you wondering if a behavior coach could benefit you and your family?

Take this quiz to find out!

How often do you find yourself in power struggles with your child?

-  Rarely or never  Occasionally  Frequently  Almost always

Do you feel overwhelmed by your child's behavior and unsure of how to manage it effectively?

-  No, I feel confident in my approach  Sometimes, but I usually manage  Often & it affects my stress levels  Yes & I feel completely overwhelmed

How consistent are you with setting and enforcing rules and boundaries?



-  Very consistent  Mostly consistent  Sometimes consistent  Not consistent at all


Do you find yourself resorting to yelling or punitive measures more than you'd like?


-  Rarely or never  Occasionally  Frequently  Almost always

How do you feel about your current strategies for managing your child's behavior?

-  Very satisfied  Somewhat satisfied  Dissatisfied  Very dissatisfied

  *You may be facing challenges or considerable difficulties in managing your child's behavior, let's talk!*

 *You may have a fairly effective approach or could be experiencing significant challenges & could benefit from the guidance of a behavior coach to improve your child's behavior and reduce your stress.*

 *You seem to have a good handle on your child's behavior and may not need a behavior coach at this time.*

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