

TO: The Parent Coaching Institute

I would like to take a moment to briefly share the impact PCI parent coaching has had on my life. My life felt as if it was spinning wildly at the whim and chaos of my two small children. I did not like the type of parent I had become, nor did I feel very positive about the impact I was having on my children. Sometimes we hear of children having “meltdowns”, well parents can have them also. I felt like a failure, I felt my children would not grow up to be happy, well adjusted people. I knew that I loved my children more than anything and I would do anything for them. From that I knew I wanted to be better for them, to parent better for them, and help them be their best. I loved them, I just didn't know how to enjoy loving them.

Since beginning parent coaching, I have explored many different avenues of the parenting experience and the obstacles and dilemmas that kept me from what I really needed. I really struggled to quantify my goals, let alone verbalize my frustrations. As a result of parent coaching I am experiencing a much more rewarding relationship with both of my children. I suspect their behavior has not change too much, but how I react to them has. As a result, I think they do actually behave better, because I interact with them instead of reacting to them. My patience is increasing as my self confidence increases and I have began to believe in myself as a mother. My children have always received loving, committed care from me, but now I am able to experience fulfillment as well. I have reached a point where I have started to allow myself the pleasure of feeling the joy that comes from loving my children. This may seem like an odd statement, but up to that point, even though I had an unsurmountable amount of love for my children, I had never just sat back and felt the authentic and untainted pleasure of me loving them. It had nothing to do with how much I felt they loved me, but it had to do with enjoying being not just a parent, but me being their parent.

I have worked on many things to help me better achieve a rewarding relationship with them and enjoy my life. I am making a major shift from existence, to a survival mode to living life. While I still feel I am in fragile stage of change, the new patterns and tools are working. I think the ultimate goal is to have parents better equipped to raise healthy, happy and safe children. What I gained was not only how to better meet the delicate and sometimes hard to define emotional needs that must be met to raise well adjusted members of society, but I discovered the joy in parenting... I used to feel worn out and beat down by my children. I am now empowered by increasingly smooth learning experiences and lots of warm nurturing family time where my children experience more undivided authentic attention and I feel like I have gained a sense of identity and some individual time to nurture myself as well. I have become a better balanced Mother. I used to feel selfish for wanting some time to myself to catch my breath. But by experiencing a little down time I am actually able to come back three times as strong for my children. These are things society doesn't teach single moms. But parent coaches do. My parent coach at the PCI challenged me to take the time nurture myself and see what impact it would have... Yes, this was a life defining experience for me and my family. I have seen significantly more troubled families, who need this much more than I did. I don't want to dramatize my situation but this was a big opportunity in my life. So I am

significantly better for the experience, my children will benefit for the rest of their development, they will grow into wonderful parents and the cycle will continue. Also, my children will interact and set examples for others and maybe our world might just possible become a little kinder and gentler.

I can not thank the people in this program enough. I am a substitute school teacher. Everyday I am witness to what unhappy parenting does. I am grateful to be on a positive path, and to know that my children have the emotional and intellectual stability in their lives they need to thrive. It is my greatest wish there was a PCI parent coach in every school in the U.S. I am positive student achievement would skyrocket. I am also positive child abuse would decrease by profound numbers if this type of resource was available to all parents regardless of socio-economic status.