

Coaching Biblical Parenting PROGRAM



An 8-week **focus** on **change** in **your home**

Welcome to the Biblical Parenting Coaching Program. The goal of this eight week program is for you to learn and practice several biblical parenting strategies and techniques. Your coach has been trained by the National Center for Biblical Parenting's Parent Coaching Program. The personalized Action Plan you develop together will provide you with hope and inspiration as you continue to work with your child.



biblicalparenting.org

Summary

During the eight weeks, you will focus on change in one child by using biblical parenting tools guided weekly by a coach trained by Dr. Scott Turansky, the cofounder of the National Center for Biblical Parenting.

Description

An intentional and strategic approach brings about heart change resulting in different behavior patterns. Your coach will present six ideas to you and obtain reports from you over an eight week period of time. Your job is to try out the ideas on one of your children to prompt change in an area of that child's life.

Assumptions

God changes people. He uses parents as a primary means of change in children. Given heart-based tools and a lot of grace, parents can position themselves in the most effective way to maximize change in their children. The change process often reveals hurdles that require specific tools to overcome. The coaching process can bring significant support, encouragement, and ideas that address underlying problems resulting in substantial behavior change.

Background

There are a lot of good ways to parent. Every parent is different and every child is unique. Although you will learn new techniques, the overall strategy approach will give you more tools that address heart change. Tendencies come from the heart and if your child has a self-defeating tendency, then simply working on behavior is not enough. Your coach will help you identify, define, and work on underlying heart issues resulting in changes in behavior.

Dr. Turansky



Dr. Scott Turansky is the co-author of 15 books on parenting. He has trained over 150 presenters who teach live parenting seminars in churches around the country. He helps churches become Parent Training Centers

and helps parents understand how a heart-based approach to parenting is much stronger and productive than the behavior modification strategies readily accessible today. Dr. Turansky has personally trained your coach in an apprenticeship environment. Although every family is unique, your coach has learned and is learning many tools that provide new approaches for you as a parent.

Procedure

Each week your coach will provide you, the parent, with a new piece of a parenting strategy that you can use to help your child mature in a particular area. You'll choose a challenging area such as disrespect, anger, meanness, selfishness, arguing, whining, bad attitudes, or whatever else you'd like to work on, and you'll identify specific steps to move your child in the right direction. Your coach will present information, give you assignments, hear successes and challenges, and help you develop new solutions the next week.

Requirements

You will need to set aside a bit of time to work on your family. You'll have a one-hour meeting with the coach each week and then you'll need to try out the ideas. You will want to talk to your coach about other costs involved.

Resources

The material being shared comes from the National Center for Biblical Parenting. The books being used in the program are *Parenting is Heart Work*, *Parenting is Heart Work Training Manual with Audio Sessions*, *Motivate Your Child*, and *Motivate Your Child Action Plan with twelve audio sessions*. Should you wish to purchase these books you may do so at a significant discount. These books are not required for this program, but some parents want to understand more, and like to read, listen to the audio, and use the manuals themselves. Learn more about how you can obtain these books at biblicalparenting.org/Training.

FAQ

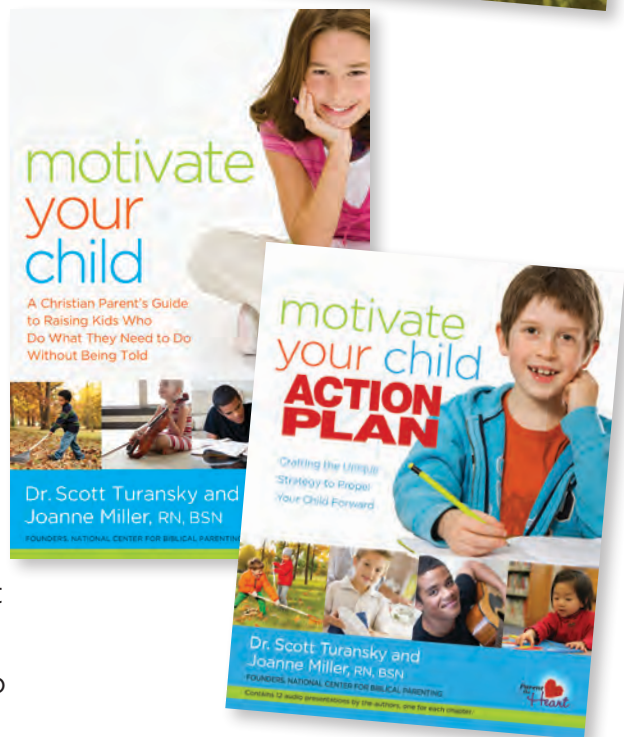
Does my spouse have to participate?

No, however, if you'd like to involve more than one parent in the change process, you'll likely learn more and see change take place faster.

What will I have when I'm done?

First of all, you should see significant change in your child and you'll have hope to continue on in your parenting journey. You'll have a notebook of handouts, reports, evaluation forms, and resources you download from the web. You'll also listen to several instructional videos to complement what you're learning and practicing.

What do I do next? The next steps are to watch the Week 1 Video and fill out the *Where Do You Want to Go?* Worksheet that helps you define the specific problem you'd like to work on with one of your children. Do the best you can to fill out the form and then your coach will work with you to adjust and refine it. If you don't yet have access to these pages, talk to your coach.



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