

Certified Parenting Coach Program

This course provides new insights into the many dimensions of parent coaching using a unique Systems Approach developed by various esteemed Institutes. Participants examine the differences and similarities between coaching, counseling, mentoring, and consulting models and discern the important differences for helping them be more effective parent coaches. Participants learn the foundation principles of parenting styles and appreciative inquiry and begin to apply the parenting coaching model to the current scenarios. Participants use inventories and a coaching starter packet to practice supporting parents to focus on what is working in their current situation and how they can best design a plan to meet their identified goals through the coaching process.

In this course participants examine and design productive approaches for helping parents understand the power they hold to effect positive change in their lives, with their children, and in the world. Teachers, counselors, parent educators, mentors, and coaches will find innovative ideas and exciting strategies for helping families move from a culture of despair to one of hope and vision.

What will you learn from Parent Coaching Program

- Understand the underlying cause of the unwanted behaviour.
- Learn to approach the child as a success mentor, rather than the “behaviour police.”
- Attend to children’s success in a way that brings out the best in them.
- Help your child identify real feelings, so they don’t have to come out “sideways” through inappropriate behaviour.

Outcomes of Parenting Coaching

Parent coaching will help you to:

- **Learn highly effective techniques** and apply them, whenever or wherever you are with any child.
- **Gain a sense of peace** and calm in the child’s presence.
- **Gain control** over the classroom or home environment.
- **Take pride** in the fact that your child/student is successful.
- **Witness** your child’s dramatically increased sense of esteem and empowerment

What Your Training Program Includes

The Parent Coach Certification Training Program consists of three distance learning courses to be completed within three months, devoting about 4-5 hours of time each week to reading and training. In addition, students practice coach after successful completion of Course.

A minimum of 60 coaching hours is necessary to receive Parent Coach Certification.

The CCI Three Core Courses consist of:

In-depth Study Guides, with research information, inventories, self-assessment tools, parent assessment tools, and lots of practical application strategies. Supplemental readings; audio Video lectures.

How Your Parent Coach Certification is Granted

During your year-long training, you must:

Satisfactorily complete all course assignments, assessments, and course papers by the deadlines given by your instructors.

participate actively in all course Classes.

Self-Paced learning of 60 hours of parent coaching practice, participating fully in your practicum experience.

commit to the standards and ethics set forth by the CCI as the leader in the parent coaching profession.

The Fee for Parent Coach Certification Training

Fee: 8500*

(You may make take advantage of our payment plan with Monthly Payments of INR 3000. With this option you receive access to your course materials, before each course.)

The tuition for the Parent Coach Certification Training Program allows you to participate in a highly personalized, comprehensive distance-learning program. Because you are on Distance / Online classes with your cohort and instructors on a regular basis each quarter (You participate in 120-minute discussions of course content about twice a week.), you obtain immediate feedback on your ideas and coaching practice experiences.

In addition, instructors provide office hours—times when you can contact them directly with your questions. The Parent Coach Certification Training Program is uniquely designed to meet your specific needs as a family support professional.

During your parent coach training month, you have 24/7 access to a wealth of information on CCI's Student Portal on our website. The CCI Student Portal provides Audio -Video files needed for your training, along with valuable learning experiences through video recordings of actual coaching conversations, and PDF's of required and supplemental reading.

Level – 01 (Parenting Expert Certification)

Module-I: Parenting – An Overview

Activity No	Topic	Technique
Activity 1	Parenting, its components and stages	Lecture cum discussion
Activity 2	What you enjoyed with your parents	Station technique
Activity 3	What you did not enjoy with your parents	Question Box
Activity 4	What is your current style of parenting	Case study
Activity 5	Challenges in parenting and how to tackle it	Clinic

Module -2: Parental Duties: Do's and Don'ts of Parenting

Activity No	Topic	Technique
Activity 1	Your parental experience with the adolescent	Questionnaire
Activity 2	Do's and Don'ts in Parenting	Brainstorming
Activity 3	Role Model	Skit/ Demonstration

Module -3: Some Tips to avoid Negative Aspects of Parenting

Activity No	Topic	Technique
Activity 1	Importance of Knowledge, Attitude and Skills in Parenting	Lecture cum discussion
Activity 2	Adjustment problems between husband and wife	Group discussion
Activity 3	Be Empathetic	Brainstorming
Activity 4	The problems of working parents	Case study
Activity 5	Warning signs of adolescents	Response sheet
Activity 6	Helicopter parenting	Skit/ Demonstration
Activity 7	Positive Parenting	Lecture cum discussion

Level – 02 (Parenting Master Trainer Certification)

Module-I: Parenting – Adolescence: A Period of Expanding Experiencing and Experimenting

Activity No	Topic	Technique
Activity 1	General Introduction to Adolescence	Question Box
Activity 2	Characteristics of adolescents	Lecture cum discussion
Activity 3	Development of New Body Image	Statement reaction method
Activity 4	Needs and concerns of adolescents and the solutions	Fish bone method
Activity 5	Sex, sexuality and reproductive health	Question Box

Module -2: Interventions for Improvement

Activity No	Topic	Technique
Activity 1	Dimensions of Parenting	Debate

Module -3: Improve Your Parenting

Activity No	Topic	Technique
Activity 1	Concerns of parents about the food habits of adolescents	Seminar
Activity 2	How to convince the need of a good food habit	Work shop
Activity 3	What is nutritious food and When and how to take food	Group discussion
Activity 4	Food and food habits	Lecture cum discussion

Module -4: Help to Maintain Physical Fitness

Activity No	Topic	Technique
Activity 1	Identify the need of physical fitness	Group discussion at different levels
Activity 2	Feel the importance of Yoga	Game
Activity 3	Experience the importance of physical exercise	Game
Activity 4	Food and food habits	Lecture cum discussion

Module -5: Sustain Psychological Competency

Activity No	Topic	Technique
Activity 1	Care your adolescent	Skit
Activity 2	Share with your adolescent	Recollection of memory through questionnaire
Activity 3	Guide your adolescent	Brainstorming
Activity 4	How to maintain values	Group discussion & Panel discussion
Activity 5	Importance of Guidance and Counselling	Case study

Level – 03 (Parenting Coach Certification)

Module-I: Practice Life Skills to Improve Your Parenting

Activity No	Topic	Technique
Activity 1	Concept of Life Skill	Lecture cum discussion

Module -2: Core Life Skills

Activity 1	What are Life Skills?	Situational analysis
Activity 2	Self-Awareness	SWOT (Modified)
Activity 3	Empathy	Case study
Activity 4	Interpersonal Relations	Self-Introspection
Activity 5	Effective Communication	Filtering ideas
Activity 6	Critical Thinking	Nine dot game
Activity 7	Creative Thinking	Make the long chain
Activity 8	Decision Making and Problem Solving	Case study
Activity 9	Coping with Emotion and Stress	Passing the parcel
Activity 10	How to imbibe Life Skills	Lecture cum discussion

Module -3: Parenting Children with Special Needs

Activity No	Topic	Technique
Activity 1	Types of Childhood Disabilities and Other Special Needs	Lecture cum discussion
Activity 2	Autistic Spectrum Disorders (ASDs)	Lecture cum discussion
Activity 3	Attention-Deficit/Hyperactivity Disorders (ADD/ADHD)	Lecture cum discussion
Activity 4	Learning Disabilities	Lecture cum discussion
Activity 5	Importance of Early Identification and Early Intervention	Lecture cum discussion
Activity 6	Managing a Child with Special Needs	Lecture cum discussion
Activity 7	Parenting for Parents (Geriatric Counselling)	Lecture cum discussion