

PARENTING TOUGH KIDS PROGRAM

PROGRAM INTRODUCTION PACKAGE



FAMILY SOLUTIONS GROUP

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PROGRAM SUMMARY

OVERVIEW

The Parenting Tough Kids Program was developed for parents of children with complex behaviours. By integrating parenting training by highly trained instructors, coaching, and mental health supports, parents will learn to manage their children's behaviours, and to manage their own responses to such behaviours.

OUTCOMES & EXPECTATIONS

Successful parenting programs will result in a strengthened parent-child relationship, with clear behavioural expectations for both parents and children. Parents will learn mental health and emotion regulation, communication, behaviour management, and de-escalation skills. An emphasis is placed on understanding and addressing the roots of challenging behaviours.

THE COACHING PROCESS

Behaviour specialists will connect with parents weekly to review course content, and practice parenting skills. They will assist parents in setting and reaching goals, and hold them accountable for their progress.





MEET OUR TEAM



CRAIG RYAN, BA

PROGRAM MANAGER, KINNECTIONS PROGRAM AND SOLUTIONS INTERVENTION PROGRAM

Craig has extensive experience working with children and youth, in foster care and group care. He has a steady, warm, and playful presence that welcomes people of all ages. Craig's educational background is in Applied Psychology, and he is a trained Mediator and Psych. Assistant. In addition to his managerial duties, he is a Host Home care provider with his wife, as well as a trainer for families and care providers in our disability support programs.



DONNA LADEROUTE, M.S.W., R.C.S.W.

SOCIAL WORKER AND SOLUTIONS THERAPIST

Donna loves working with families and kids and strives to provide a positive atmosphere where they can learn skills to work out differences, have fun, and feel accepted. Donna has a Clinical Social Work Masters Degree, is trained in EMDR, CBT, the Gottman Method Couples Therapy, and Motivational interviewing, to name a few. She is working on achieving certification in EFT - Emotionally Focused Therapy for couples.

Together, Craig and Donna lead the bi-weekly teaching sessions of the Parenting Tough Kids program.



PROGRAM TIMELINE

MONTH 1	INTAKE AND PROGRAM ORIENTATION Meet with parenting specialist to discuss program structure, goals, and topic overview.
MONTH 2 SESSION 1	DEFINING CHALLENGING BEHAVIOUR & CHANGING YOUR LENS Recorded teaching session, facilitated by parenting specialist.
SESSION 2	TARGETED COACHING Every second week, parent coaches will review specific goals, strategies, and activities from the previous teaching session,
SESSION 3	SELF-CARE & MINDFULNESS
SESSION 4	TARGETED COACHING
SESSION 5	COMMUNICATION & PARENTING STYLES
SESSION 6	TARGETED COACHING
SESSION 7	BEHAVIOUR MANAGEMENT
SESSION 8	TARGETED COACHING
SESSION 9	MID-PROGRAM REVIEW
SESSION 10	TARGETED COACHING



PROGRAM TIMELINE



SESSION 11	DE-ESCALATION & POWER-STRUGGLES
SESSION 12	TARGETED COACHING
SESSION 13	COLLABORATIVE COMMUNICATION & PROBLEM-SOLVING
SESSION 14	TARGETED COACHING
SESSION 15	EXPECTATIONS, LIMIT-SETTING, & CONSEQUENCES
SESSION 16	TARGETED COACHING
SESSION 17	REPAIR & DEBRIEF
SESSION 18	TARGETED COACHING
SESSION 19	RELAPSE PREVENTION & WRAP-UP
SESSION 18	TARGETED COACHING



COMMUNICATION & MEETINGS

Behaviour specialists will meet with parents weekly for alternating teaching and coaching sessions. These meetings will take place over Zoom calls or in person at Crossroads Family Services. The behaviour specialist will discuss the timing of these calls in the orientation email. All other communication will take place through the Family Solutions School 1:1 coaching space, where coaches can send check-ins, reminders, and schedule meetings. In the orientation zoom call, the parenting specialist will introduce parents to the 1:1 coaching space.

WEEKLY ZOOM CALLS

Zoom call links will be posted in the 1:1 coaching space. Please install Zoom prior to the first session, here: <https://zoom.us/download>

EMAIL

If you experience technical difficulties and are unable to access the 1:1 coaching space, or a Zoom call, please email your parenting specialist.





FREQUENTLY ASKED QUESTIONS



How often will parents meet with their parent coach?

Parents and their behaviour specialist will meet for a total of 20 sessions, typically once per week. Weekly sessions will alternate between teaching and coaching sessions.

What is the difference between teaching and coaching?

In teaching sessions, parents will view pre-recorded videos of Craig Ryan and Donna Laderoute teaching parenting and mental health skills. The behaviour specialist will view these with you and be present to answer any questions or elaborate on any topics. In coaching sessions, the parenting coach will review and practice new skills and discuss progress towards parenting goals.

How can I book?

Currently, the Parenting Tough Kids Program is booked through [Crossroads Family Services](#). To purchase parent coaching, please contact us by calling 780-430-7715.

After booking, you will be enrolled in the online program where you may access program content and communicate with your behaviour specialist.



BOOK NOW!

TO GET STARTED, CALL US!

780-430-7715

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