



Parent and Whānau Coaching

Parenting can be full of joys — but full of challenges too. Sometimes a little extra support can make all the difference.

Our parent coaching is for parents who would love personalised, practical support tailored to their whānau. You'll work alongside one of our experienced coaches with backgrounds in psychology, social work, and education to build on your strengths, find new strategies, and feel more confident in your parenting.

We often support parents with:

- Building a closer bond with their child
- Supporting children's emotional wellbeing
- Managing tricky behaviours with calm and confidence
- Finding ways to manage stress and emotions as a parent
- Navigating new stages or tricky topics
- Understanding a child's needs and development

Whatever's on your mind, we're here to listen, guide, and support.

You can book a one-off session when you need a boost, or a series of sessions to get more ongoing support.

Sessions are available during the day or evenings online, or in-person at our Christchurch office. Each session is one hour and costs \$120.

real parents

  @realparentsnz

www.realparents.org



Two of our team



**Kate
Jones**

Kate is a Mum of 2 and a social worker with loads of experience and a deep empathy for working with parents who have experienced trauma. She has also worked clinically across schools and with whānau directly.



**Juliet
Witheford**

Juliet is a Mum of 3 and a social worker with over 20 years' experience supporting whānau, her work has included child protection and mental health. She has a passion for teaching about brain development, the impacts of trauma and emotion coaching.

Bookings Essential

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