

Kids' Relaxation, LLC

Intake Packet



*Helping Parents and Educators Activate
Children's Highest Potential*

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Children's Relaxation Coach
School Psychologist
Certified Intuitive Parenting Coach**

Consent/Disclosure/Financial Agreement

The Parent/Children's Relaxation Coach and Parent(s) enter into this contract voluntarily.

1. THE PARENT OR CHILD COACHING PROCESS

- A. ROLE OF THE COACH:** The Parent(s) understand that the Coach's role in coaching parents is to facilitate conversations and interventions which promote growth in three primary areas: education and assimilation of information about positive behavior management; communication skill-building; and self-awareness/stress-management/self-care. The Coach's role in coaching children is to provide instruction around stress management, emotional regulation and/or executive functioning skills that enhance the wellbeing of the child. The Coach will listen carefully, ask key questions and give insightful feedback that promotes the awareness and skills necessary for successful implementation of positive strategies leading to fulfillment of parenting and co-parenting goals. Additionally, the Coach may offer supplementary resources. The Coach is not authorized to give legal advice. The Coach is not serving in the role of a therapist or a school psychologist in this capacity, however background knowledge from the Coach's experience with these roles will be applied if necessary to facilitate the coaching process. If the Coach



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determines that psycho-therapeutic interventions would be helpful for the Parent(s), the Coach will make a referral to an appropriate therapist.

- B. ROLE OF THE PARENT(S):** The Parent(s) understand that the Parent(s)' role is to answer the Coach's questions as completely and honestly as possible, to engage to the fullest extent possible in the coaching process, to follow through with positive strategies and practice to the best of the Parent(s)' ability, and to give feedback to the Coach as completely and honestly as possible regarding the coaching process and the implementation of the selected strategies and their effectiveness or lack thereof in the home environment.
- C. COLLABORATION BETWEEN COACH AND PARENT(S):** The Parent(s) understand that Parent or Child Coaching is a collaborative process in which the Coach and the Parent(s) work together to co-create the Parent(s)' goals for stress management, emotional regulation, self-care, and/or executive functioning skills and for the coaching process.

2. POLICIES

- A. APPOINTMENTS:** Appointments with the Coach shall be scheduled at the request of the Parent(s) by phone, email, or in person. Coaching sessions may take place in person, over the phone, or via Skype/FaceTime. Standard appointments are 45-60 minutes in length and the Parent(s) may request additional coaching over the phone or by email.
- B. COMMUNICATION:** Parent(s) may contact the Coach by email or text message and the Coach will respond within 24 hours.
- C. CANCELATIONS:** The Parent(s) shall pay in full for any cancelled or missed appointments unless 24-hour cancellation notice is given.
- D. CONFIDENTIALITY:** All communication between the Coach and Parent(s) and the Child is confidential and may not be used in any Court proceeding. Communication between the Coach and Parent(s) is confidential and will not be shared with the Child and communication between the Coach and Child is confidential and will not be shared with the Parent(s). Any sharing of information between the Coach and any other party requires an authorization form signed by the Parent(s) giving written permission for a release of information. Either parent may request a conversation or



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meeting with the Coach without the knowledge or consent of the other parent. All communications between the Coach and the Parent(s) will be private and confidential unless a release of information has been signed and submitted to the Coach for the purposes of communicating with other parties.

- E. FEES:** Parent(s) shall pay for all appointments at the time of service. Alternative arrangements may be made at the request of the Parent(s). Fees for appointments are \$100.00 per hour. Fees for additional time spent in phone/Skype consultations are billable at \$100.00, calculated at 5-minute intervals. The Coach will notify the Parent(s) before any charges are accumulated for telephone consultations. The Coach shall bill the Parent(s) monthly with an itemized statement for phone/Skype coaching.
- F. DISCLOSURE:** Parent(s) understand that the Coach is obligated under law to disclose the following information to appropriate authorities: 1) allegations of abuse or neglect of the child, 2) threats of harm to other people or yourself or if your child makes threats to harm him/herself, 3) statements made indicating plans to carry out or hide an ongoing crime, and 4) statements made that reveal a felony crime.

I have read and understand all of the agreements listed above. I understand that by signing below I am bound to these agreements.

Parent/Date

Coach/Date



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Please Tell Me About Yourself and Your Child

1. I am most interested in coaching for my child or for myself (circle one) and explain your reason for seeking coaching:
2. I would describe my child's strengths as:
3. I would describe my child's current needs as:
4. I would describe my strengths as a parent as:
5. I would describe my spouse or co-parent's strengths as:
6. The current stressors in my child's life are:



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PARENTING DESCRIPTORS

Please circle the ten parenting descriptors that are most important to you and rate them “1” to “10” with “1” being the most important.

Harmony	Role Model	Humor
Nurturing	Responsibility	Tough Love
Support	Integrity	Wealth
Affection	Fairness	Spirituality
Money Management	Organization	Faith
Support	Instruction	Relaxation
Mutual Respect	Enrichments	Community Service
Patience	Creativity	Arts
Presence	Spontaneity	Down Time
Flexibility	Variety	Nature
Dedication	Enthusiasm	Fitness
Advocate	Fun	Connection
Safety Net	Enjoyment	Culture



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Problem Solver	Independence	Travel
Family Time	Autonomy	Sports
Family Unity	High Achievement	Control
Communications	Discipline	Other:

