

Parent coaching with Lynne Jackson from Connected Families

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SUMMARY

The speaker shares their experience with their daughter Ella, who struggled with intense emotional outbursts, leading to feelings of helplessness for the family. After seeking coaching, they found support that transformed Ella's behavior and improved their family's dynamics, ultimately leading to a positive experience in her kindergarten class.

- *Ella exhibited severe emotional struggles, resulting in frequent outbursts over minor issues.*
- *The family felt exhausted and helpless, having exhausted their resources without success.*
- *They sought coaching, which provided them with guidance and support.*
- *The coaching focused on the parents rather than Ella, fostering a sense of teamwork.*
- *Ella's behavior improved significantly, leading to positive feedback from her kindergarten teacher.*
- *The family's experience with coaching has been beneficial, equipping them to handle similar challenges with their younger daughter.*
- *They now feel they have a reliable resource for future emotional challenges.*

it just seemed like ella was really struggling with emotions and so she would just have these huge blow ups and these huge fits and it would even be over very small things and it would escalate very quickly if she was just screaming and crying and we were just really unsure as to what to do we were really helpless and just thought we have no more resources we don't know what to do at this point it was

exhausting what we were trying wasn't working and we didn't like the way things were going one of the hardest things was that feeling of helplessness kind of being almost at the end of your rope where you've sort of used all of the options that you know and it's not working so we got coaching and Lynn just met with Catherine and I to see the change in

behave and Ella was amazing when we didn't Lynn never met with Ella it gave us a lot of hope it just felt like a step in the right direction it felt like support it felt like she was on our team so Ella started kindergarten this year and we got to know home from her teacher it detailed how Ella was a great friend a leader in the class and if we had continued down the road we

were going to I don't think that know what is said the same thing we have four friends at church they were considering coaching and asked us what our experience was and I recommended it wholeheartedly it has been very beneficial for us for Ella for sister she's now a four year old and experiencing some of those same big emotions it's feels totally different because we feel equipped to help her out and we feel like we have a resource

kind

of her life now so that you know should things come up that we haven't faced before or that we need help with we know that that they're there that we have somebody we can turn to