

Parenting Coaching

213-905-8886 | yoloparents@gmail.com | Montclair, NJ

Next Steps...

Hello! It was such a pleasure to meet with you and discuss your vision for parenting. You have indicated that you would like to continue to work together and I am so excited to see how your parenting goals



actualize as we continue this work. I think most of us can agree that parenting is one of the most important “jobs” we will ever have. Yet aside from some (often unwanted) advice we get from that disapproving lady in the grocery store, what resources do we have? Yes, we all buy the books but they sit on the bookshelf reminding us of the hours we don’t have to read them.

I know who to call when the sink leaks, the walls need to be painted, the dog needs some obedience training, the car needs a tune-up, my abs need a tune-up, etc. Yet how much time and money do we invest in pausing to reflect on our parenting and what may need a tune-up in our relationships with our children?

I commend you on having the courage to say, “I have a lot to celebrate. And I have some things I want to reconsider. This will be a priority for me.” You will not regret doing this work. You will lay in bed at night and recall your day and think, “I handled this well. I want to do it this way again. My child and I feel connected.”

The Logistics...

- Sessions are conducted via phone, Skype or in-person
- Sessions are scheduled for 55 minutes; 50 minutes of coaching and 5 minutes of scheduling
- Payment is received via Venmo, PayPal, or personal check and is due within 48 hours of the session
- Sessions must be cancelled at least 24 hours in advance or the client will be charged
- Typically parents feel that they have created a plan and have a “toolbox” of strategies after 5 sessions, but parents can schedule as few or as many sessions as they would like
- Materials are provided
- There is no significant reading “homework” because Shannon has found this can create stress for busy parents but she will provide short readings to share with partners and other caregivers.
- Contact Shannon at yoloparents@gmail.com for pricing information.

In case you want to know more about me:



Shannon Meyer, M.Ed., founded YOLO Parents to help parents be in tune with themselves and their children so that they can connect in ways that form lifelong healthy relationships. As a credentialed teacher with training in Cognitive Coaching, Common Core Education, Parenting Through Connection, and Positive Discipline, Shannon has worked as an instructional coach, consulting with parents and educators throughout the country.

Shannon is passionate about supporting parents and educators in seeing the whole child and exploring how a deeper understanding of our kids helps everyone be happier and healthier. Because, you know...YOLO!

Examples of Coaching Outcomes:

- Reflect on personal and societal viewpoints for children and how they should be disciplined
- Articulate the long and short-term effects of our parenting choices
- Examine the right and left hemispheres as well as the upper, middle, and lower parts of the brain to explore how they affect a child's behavior
- Apply the "Mistaken Goal Chart" to any behavior to determine the underlying causes and possible solutions
- Explore logical consequences and the criteria for "positive discipline" when facing behaviors
- Analyze our strengths and weaknesses and how they interact with our children's' personalities
- Acquire a plethora of strategies to confidently respond to even the most challenging behaviors

Hear What Other Parents Are Saying:

"Shannon Meyer has been a blessing in my family's life. Before I met her, I was constantly yelling at and threatening my strong-willed four year old. Shannon has taught me new ways to parent that have been life changing." - *Obie, parent of two*

"We now have less threats, punishment, time outs, hurt feelings and guilt. Getting our son to use his 'higher brain' is our new goal. Thank you, Shannon!!!" - *Chelsow, parent of two*

"Shannon Meyer is a wise person who fulfills the mission of helping parents. She had us laughing at her anecdotes and crying during role play, because she touched the deepest part of us as parents: our hearts. Shannon gives me great hope on the bumpy road of motherhood. Her guidelines are on my fridge." - *Alice, parent of two*

"You get hooked on the positivity. You role play to actually see how your child feels and leave with the redirect of positive power." - *Michelle, parent of two*

"Shannon was able to connect science with the reality of raising children in a way that was eye-opening. Her real life scenarios and techniques were a game-changer for our family." - *Thalla, parent of three*