

When to Add a Life Coach for Kids to Your Parenting Team



Checklist for Parents

If you say “YES” to one of these questions, a life coach for kids can help!

How is your child feeling?

- Have you seen a shift in your child’s self-esteem - are they getting down on themselves or using negative self-talk?
- Have you seen a shift in their confidence - afraid to try new things or give up easily?
- Does your child struggle to let go of their mistakes or blame others?
- Does your child have worries that are impacting their ability to fully enjoy life?



What is your child doing?

- Is your child struggling to deliver school assignments or take tests?
- Are chores, homework, or screen time a constant battle?
- Have there been issues with truthfulness or sneakiness?
- Is your child sometimes disrespectful to others, including family?
- Are you concerned about your child’s ability to resist peer pressure or make good decisions when no one is looking?
- Is your child facing a big change - like a move, new school, change in family dynamics, or friendships?



What does your child want?

- Does your child have a big goal – making good grades, excelling in an extracurricular activity, or making a sports team?
- Does your child want stronger friendships?



27 Mindset Skills For Kids

Self-esteem
Confidence
Resilience

Self-leadership
Responsibility
Goals/Achievement

Decision Making
Peer Pressure
Anxiety/Worries

Integrity
Happiness
Change

