

# 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!

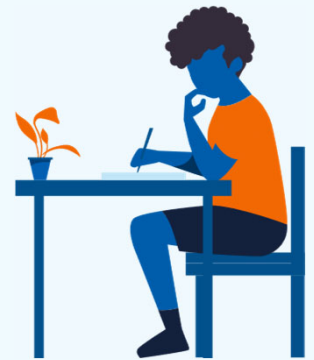
### How is your child feeling?

- ☐ 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

