

Therapy Starting Points

FOR FAMILIES

Throughout your therapy journey, you may explore different areas of focus. Choose a starting point, and we'll revisit this focus as you work toward achieving your goals.

HOW IT WORKS:

- **Choose Your Focus:** Read over the following options and identify your family's top priority.
- **Tailored Coaching Plan:** We'll create a plan that targets your family's specific needs and goals.
- **Ongoing Support:** As your family grows, we'll adapt the plan to ensure continued progress.



Stellar Parenting Style

For parents looking to refine their approach to discipline and child-rearing.

Focus on:

- Understanding how parenting styles impact behavior.
- Creating consistent and healthy boundaries.
- Positive reinforcement and discipline strategies.

Stellar Child Well-Being



For families focused on nurturing their child's emotional and social development.

Focus on:

- Identifying family roles and expectations.
- Establishing consistent routines and structure.
- Improving cohesion through shared goals and values.

Stellar Family Communication

For families struggling with communication and conflicts.

Focus on:

- Understanding how parenting styles impact behavior.
- Creating consistent and healthy boundaries.
- Positive reinforcement and discipline strategies.





Stellar Co-Parenting

For parents navigating co-parenting or joint decision-making.

Focus on:

- Aligning co-parenting strategies and decisions.
- Managing differences in discipline and values.
- Creating a unified front for your child's well-being.



Stellar Daily Routine

For families looking to streamline their day-to-day activities.

Focus on:

- Creating structured daily routines for balance.
- Managing school, activities, and family time.
- Ensuring downtime for relaxation and bonding.



Stellar Family Connection

For families who want to nurture their bond and enjoy more quality time.

Focus on:

- Strengthening the emotional connection between family members.
- Creating meaningful traditions and shared activities.
- Fostering respect and love through consistent family time.

Stellar Family Structure

For families seeking to improve overall structure and dynamics.

Focus on:

- Identifying family roles and expectations.
- Establishing consistent routines and structure.
- Improving cohesion through shared goals and values.



Any Goals Welcomed:

Don't see something you want to work on? No problem! You're more than welcome to bring any personal goals or challenges to the table. I'm here to help you tackle whatever's most important to you, so feel free to make this journey completely your own.