

Service Overview

Family Coaching is available to families with children ages 0-8 who would like support in navigating challenging behaviors such as biting, screaming, or managing big feelings. This service is designed to reduce family stress, promote appropriate behaviors, and teach children the skills needed for optimal development and school readiness. Family Coaching is available at no cost and can be requested by clicking [**here**](#) or by emailing early.childhood@tnvoices.org.

Our Process

Phase One: Planning

During the first couple of visits, the family and Family Coach will work together to set goals and create a support plan. The Family Support plan will highlight family strengths and will include strategies for promoting appropriate behavior and social emotional skills.

Phase Two: Doing

The Family Coach will visit the family on a weekly or bi-weekly basis for 8-10* visits. Research shows that behavior change takes time and consistency.

*Service duration may be adapted based on specific needs of the family.

Phase Three: Graduation

After 8-10 visits, the family and coach will review goals and discuss next steps. At this time, services may be concluded or referrals to other supports may be discussed.

Family Coaching is available in the following counties:

Bedford, Cannon, Cheatham, Coffee, Davidson, Dickson, Franklin, Giles, Hickman, Humphreys, Houston, Lawrence, Lewis, Lincoln, Marshall, Maury, Montgomery, Moore, Perry, Robertson, Rutherford, Shelby, Stewart, Sumner, Trousdale, Wayne, Williamson, Wilson

Frequently Asked Questions

How do I get started?

Contact the TN Voices Early Childhood Program to request support and learn more. To submit a request, click [here](#) or email early.childhood@tnvoices.org.

What is the goal?

Family Coaching is aimed at identifying both strengths and growth areas for the child and family. The family coach will work with you to collaboratively develop a family support plan. This plan will outline the areas of focus for the remainder of services. Family goals are often focused on the reduction of challenging behaviors like biting or screaming, promoting social emotional skills such as managing big feelings or problem solving, and reducing overall stressors in the family.

What happens during visits?

The Family Coach will work with parents/caregivers to schedule weekly or bi-weekly visits. Visits generally take place in the home but may be conducted virtually or in another location depending upon family preferences. During these visits, support will be offered to the family in the form of goal setting, information sharing, side-by-side modeling, reflection, discussion, resource sharing, and more. Additionally, your Family Support Specialist will be accessible via phone or email to answer questions related to scheduling, strategies, and to provide general support.

What is the cost?

Family Coaching is available at no-cost. The program is funded through the Tennessee Department of Mental Health and Substance Abuse Services.

How long does it last?

The length of services generally ranges from 12-16 weeks, but this will be determined by the specific needs of the family and child. The Family Coach will regularly communicate with parents/caregivers to develop the best plan for the child. Collaboration with the child's early learning program or school and coordination of services will be prioritized if the child is also receiving classroom-based services.

What if my child doesn't use these behaviors at school?

It is not uncommon for children to use challenging behaviors in specific settings. In some cases, children may use challenging behaviors in the home and not in the classroom. For other children, challenging behaviors may be common at school but not in other settings. The strategies provided should be implemented in *all* settings to provide the child with consistency and predictable expectations.

What are the recommended strategies based on?

Family Coaches utilize the Pyramid Model for Supporting Social Emotional Competence in Young Children as a guiding framework. The Pyramid Model is an evidence-based framework for supporting a child's social emotional development. You can learn more about the Pyramid Model at www.challengingbehavior.org.

