

Parent and caregiver coaching for children, young people and families

Evidence summary



1 What is parent coaching?

Parent and caregiver coaching is a strengths-based and empowering approach to support children, young people and families.

2 What is the focus?

Coaching focuses on the individual's goals, learning and development and promoting personalisation of care.

3 What can it help with?

Parent coaching has been shown to improve educational outcomes, child development, motor skills, reading, toileting, behaviour, self-care skills, sleep quality and reduce parental stress.

4 Who can it help?

Various people, including parents of autistic children, children with an increased likelihood of disability, children with cerebral palsy, developmental delay, brain injuries, learning difficulties and behaviour disorders.

5 What is involved?

Coaching involves emotional support, structured learning, goal setting, observation, action, reflection, feedback and generalisation.

6 How is it delivered?

Face-to-face sessions or telehealth, with individual or group interventions. No specialised equipment is required.

What does the evidence say?

Green – Do it

- Children with an increased likelihood of disability for educational outcomes
- Families of low socio-economic status for reading frequency
- Typically developing children for toileting
- Autistic children and children with developmental delay for sleep

Yellow – Probably do it

- Autistic children for education, parenting, stress and behaviour
- Children with cerebral palsy for motor outcomes
- School aged children with ADHD for sleep and daily function
- Infants and toddlers with an increased likelihood of or with disability for social and emotional development and parent outcomes
- Children with brain injuries for parenting and behaviour
- Children with learning difficulties for parental stress



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