

# ASSESSING YOUR COACHING SKILLS

Parents as coaches play a powerful role in helping children develop good learning skills and attitudes for life-long success. Although you never signed up to be—nor should you be—a school teacher for your child, building a good relationship as collaborators in the learning process can be both productive and enjoyable for parent and child alike.

However, even the most skilled teachers and tutors often have trouble helping their own children with schoolwork. Because we care so much about how our children do in school, it's easy to fall into several dangerous traps. Instead of coaching, we may try to get overly involved, bossy, or demanding. Learning does not need to become a family battle ground.

Next time you coach your child as s/he does homework, reflect on which of the following successful approaches you used. Work on incorporating more and more of these strategies over time.

Mark an "E" for excellent, "S" for satisfactory, or "N" for needs work.

1. I am available to my child. \_\_\_\_\_
2. I offer support, not criticism. \_\_\_\_\_
3. I focus on effort and improvement instead of grades. \_\_\_\_\_
4. I don't worry about being an expert. \_\_\_\_\_
5. I don't expect perfection. \_\_\_\_\_
6. I turn the thinking over to my child. \_\_\_\_\_
7. I enjoy coaching my child. \_\_\_\_\_

What will you do to improve your coaching next time?

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