

Parent Coaching for a Better Family Life



Parenting is hard, especially when you are overwhelmed, exhausted and stressed.

Support is here. You can find new ways to:

- Reduce your daily stress
- Make parenting easier
- Feel closer to your child
- Stop feeling pressured to be perfect at home and at work
- Balance your work and family schedule
- Resolve conflict and improve communication with your co-parent

Parent coaching offers personalized guidance and tools that you can use to make your family life easier and less stressful.



**Jennifer Watanabe
Parent Coach**

Schedule a free consultation

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