



HOW TO

BE

THE BEST

PARENT

YOU

CAN BE

Brian McAleer

Hello, and Thank You for requesting this eBook and registering for the Peak Parenting Mailing List.

This eBook is written to introduce you to the 7 Pillars of Peak Parenting. Once all in place and working effectively, these pillars can transform you into the Best Parent You Can Be.

Here's an overview of the 7 Pillars, which are explained in more detail over the following pages.



1. Purpose

Parenting is the most important job you'll ever take on in your lifetime. Many people enter the role of parent for different reasons and under different circumstances, and unless those reasons are clear, then you will struggle to determine what type of parent you want to be and the impact you'd like to have on your child.

2. Caring

Parenting is not just about being a provider in the material sense or basic needs; it is a relationship and bond that is deep and long-lasting. It's natural for everyone to lose focus from time to time, even as parents. Caring about your child is a given; caring about your needs and wants as a parent is just as important. Care for yourself, so you are best placed to care for those who will rely on you the most – your children.

3. Energy

Parenting is tough! Lack of time, little sleep and no pay! Of course, the rewards of raising a child far outweigh all the struggles, but the demands on you are always big and constant. Replenishing your daily energy as a parent is vital, as much as reenergising yourself over the long term, so you're prepared and positioned to take on new challenges and new demands as your child grows.

4. Parent Planning for Life

Parenting is very much a responsive experience; you tend to the needs of your children and deal with things as they come up. This is great, but unless you are prepared for the ever-changing needs of your children as they transition into teens and then young adults, you can struggle to meet their needs. Knowing what will be required of you in advance – in terms of time, energy, focus and resources – will make you more confident and in control to proactively become the parent you can be, instead of succumbing to be the parent you don't want to be.

5. Parenting Skills

Parenting is a job like no other. With love, attention and nurturing in your heart, you are the parent who will always be there for their child. But being there is just half the job; it's what you do with your time as a parent that makes all the difference. Being prepared to adapt for your developing child happens more successfully when you can meet their needs effectively; that's why strengthening the skills you've already got and developing new ones along the way, is what will help you to keep up as a parent over the long term.

6. Developing Integrity

Parenting is not just about what you say you will do, but what you end up doing. Actions speak louder than words, and it's important to be honest and realistic with yourself about what you feel you can achieve and what you promise to deliver to your children. Meaning what you say and doing what you say you will, is what makes you a parent of Integrity; this reduces disappointment, improves communication and builds understanding and respect between you and your child.

7. Meeting Milestones

Parenting is a job for life, and a series of moments spread over a lifetime. What inspires us to be parents in the first place is being able to experience all the magnificent moments that come with raising a child. From their first steps, to the first day at school, and then finally becoming adults and leading lives of their own, you will see many milestones happen for your child. But what are the parenting milestones? The moments that will define you as a parent? The moments that allow you to show your child how much you care and love them? Most of all, what is the lasting impact you want to leave on your children even long after you've gone? Design your "Parenting Story", and you can create your own milestones as you wish.

How does Coaching for Parents work?

- > You meet with the Parent Coach for your face-to-face sessions
- > You are held accountable by the Coach to take action each week
- > You will receive emails, resources and has constant access to the coach
- > You walk away from Coaching with a solid Parenting Plan for new results

Next Steps...

Now that you've received and read this ebook, where to from here?

Just sit back, and enjoy the emails that are headed your way.

Once a week, I will share with you powerful insights into the developing minds of young people (teens and young adults) and how you, as their parent, can understand this, use it and foster a better relationship.

These emails are full of valuable information and ideas you can take into your parenting life and implement immediately.

Each email will present an Action for you, which I recommend you commit to in order to get the full value of the information being presented to you.

As always, please feel free to email me directly anytime, as I would love to hear from you.

Bye for now,

Brian McAleer
Head Coach / Director
Peak Parenting Coaching Services
info@brianmcaleer.com

