

## PRIVATE CONSULTATIONS



One-on-one consultations are a very special and unique service offered by Commonwealth Parenting Center: a chance to discuss with one of our Family Educators your concerns about parenting issues and to receive helpful advice. We offer **private consultations** for parents around a variety of issues and concerns. Our Family Educators offer a broad range of expertise and often address the following topics:

- *How do I manage these temper tantrums?*
- *Bedtime and mealtime routines are disasters. Help!*
- *Why is toilet training so frustrating?*
- *My child is struggling in school. How can I help?*
- *How do I approach the “big issues” with my teen?*

Sometimes it's just comforting to have someone tell you that you are on the right track, you're solving problems well and you're on solid ground. Other times when you can't see the forest for the trees, and you need help working through a specific challenge of childrearing. **A consultation provides this opportunity.**

*Whether you are parenting together, or parenting apart, Moms and Dads are encouraged to attend consultations together to help them resolve these difficulties in an organized fashion. You'll need to make babysitting arrangements for your children, as some topics may be best suited for adult ears only. Consultation appointments are 60 minutes in length.*

Consultations are easy to arrange by telephoning our office. You may request a specific Family Educator, or we can help you select the most qualified person for practical, targeted solutions. We take into consideration your convenience when scheduling dates, and can schedule appointments at various times of day or evening. Through our partnership with Bon Secours Richmond Health System, private consultations can be held at our office in Innsbrook, or at any of the Bon Secours hospital locations throughout Richmond and surrounding areas.

*For more information, or to schedule a confidential parenting consultation, call  
(804) 545-1272*