



Parent Coaching: Using the Parent Mirror Approach

Understanding what's underneath your child's behaviour

Many parents reach a point where they find themselves asking:

Why do we keep ending up in the same arguments?

Why do small things turn into big meltdowns?

Why does my child react so strongly in certain moments?

When these patterns repeat, it can leave parents feeling confused, frustrated, or wondering if they are missing something important about what their child is trying to communicate.

Parent Coaching using the Parent Mirror approach helps parents slow these moments down and understand what may be sitting underneath their child's behaviour.

Rather than focusing only on the behaviour itself, Parent Mirror helps parents explore the emotions, patterns, and responses that develop within the parent-child relationship. As these patterns become clearer, new ways of responding often begin to emerge that feel calmer, more confident, and more connected.

Many thoughtful parents also carry a quiet sense of guilt when things feel difficult at home. Parent Coaching moves away from blame and instead focuses on understanding what might be shaping the patterns you are seeing.

The Parent Mirror approach draws on a deep understanding of how children's emotions and behaviour develop within relationships, helping parents respond in ways that support connection and emotional regulation.

The Parent Mirror Approach

Parent Mirror is a reflective coaching model designed to help parents understand behaviour through the lens of the relationship between parent and child.

Rather than focusing only on the behaviour itself, Parent Coaching explores:

- what may be driving the behaviour
- how emotions are being expressed
- patterns that develop within the parent-child relationship
- how parents can respond in ways that support connection and emotional regulation

When parents begin to see these patterns more clearly, behaviour often starts to make more sense and different responses become possible.



Parenting with Parent Mirror model is particularly helpful for parents of children up to around age 11, when behaviour and emotional regulation are still closely shaped through the parent–child relationship.

How Parent Coaching Works

Parent Coaching is delivered through a focused four-session programme using the Parent Mirror approach.

This semi-structured model helps parents step back from everyday challenges, understand patterns in their child’s behaviour, and develop more confident ways of responding.

Sessions broadly follow the structure below but are always adapted to meet the needs of your individual family.

Session 1 – Understanding the patterns

We begin by exploring the challenges you are experiencing and the goals you would like to work towards.

Together we start to identify patterns that may be developing in your relationship with your child, helping us understand where things may be getting stuck.

Session 2 – Observing an interaction

A key part of the Parent Mirror approach is a short observed interaction between you and your child.

This allows the therapist to gently notice and reflect back what may be happening in the moment — including emotional cues, responses, and patterns that can be difficult to see when you are in the middle of everyday family life.



Session 3 – Making sense of behaviour

In this session we explore what may be sitting underneath the behaviour you are seeing.

Using reflections from the Parent Mirror observation, we begin to make sense of the emotions and relationship patterns involved and consider new ways of responding that support connection and emotional regulation.

Session 4 – Responding with confidence

The final session focuses on strengthening the responses and approaches that feel most helpful for you and your child.

Many parents leave this session with a clearer understanding of their child's behaviour and greater confidence in how they respond during challenging moments.

Follow-up support

For some families, the four sessions provide enough insight and clarity to move forward with greater confidence.

Others choose to book additional follow-up sessions to continue reflecting on new situations, revisit goals, or deepen their understanding as their child grows and changes.

Is Parent Coaching right for you?

Parent Coaching may be helpful if you recognise moments like these:

- feeling stuck in the same arguments or meltdowns with your child
- wondering what may be driving certain behaviours
- reacting in ways you later wish you had handled differently
- wanting a calmer and more connected relationship with your child
- feeling unsure how best to support your child in difficult moments

Parent Coaching offers a thoughtful, non-judgemental space to reflect, understand your child more deeply, and move forward with greater confidence as a parent.



Taking the first step

If you are noticing patterns in family life that feel difficult to understand or manage, Parent Coaching can offer a supportive space to pause, reflect, and make sense of what may be happening.

Together we explore what sits underneath your child's behaviour and consider new ways of responding that support connection, emotional regulation, and confidence in your parenting.

You do not need to have everything figured out before reaching out. Many parents come to Parent Coaching simply wanting to understand their child more clearly and feel calmer in how they respond.

If you would like to explore whether Parent Coaching might be helpful for your family, please get in touch.

Contact us



office@ragdolltts.co.uk



www.ragdolltrainingandtherapeuticservices.co.uk



07506 367033



60 High Street, Newport Pagnell MK16 8AQ

Social Media

