



Interested in a free and private parenting coach to help you navigate parenting challenges?

As Montana parents, we want the same things for our kids. We want them to be confident, respectful, and make healthy choices.

As our kids grow up, there are always new challenges. Figuring out how to handle them doesn't come easy.

There are times when we all could use some help addressing the common parenting challenges we face, like back talk, chores, homework, and peer pressure.

Beginning May 2021, several Montana parents with a child between the ages of 5 and 14 may have the opportunity to work one-on-one with a free, private parenting coach to get tools, ideas, and support for a variety of their parenting challenges as part of a six-month study conducted by the Center for Health and Safety Culture at Montana State University.

During the study, parents will engage with the tools and resources found on ParentingMontana.org. Parents will be asked to complete three online surveys, to engage in coaching calls, and to participate in a final interview. The surveys will require approximately 35 minutes to complete. The coaching calls will require 30 to 45 minutes every two weeks and will be scheduled at a time convenient for the parent. The final interview will require 30-60 minutes to complete.

Parents who participate will receive \$25 Amazon gift cards for each survey and the final interview as compensation for their participation.

If you are interested or want to learn more about this opportunity, please email ParentingMontana@gmail.com

