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1:1 MENTORING BIZ BUNDLE

COMMUNICATION GUIDELINES - PARENTS

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Getting clear on your boundaries with parents is an important part of mentoring young people. Every parent will have different expectations so it's up to you to be really clear for yourself, and then enforce your boundaries when necessary.

YOU'LL NEED TO DECIDE ON:

1. If you'll offer any communication with parents once the series begins. E.g. Will you send them a half-way point general email? Will you send them an email at the end of each session loosely letting them know what was discussed? This will very much depend on the age of your clients - if you have tween-age clients (10-12) then you might make this part of your series. You'll need to let the child know how much you will be sharing though too so they feel safe and understand what is being reported back and what won't be.

   You might decide NOT to email them at all - you are here for the young person after all.

2. If you're open to the parent calling you in a crisis situation, or whenever they feel like it. :)

   Sometimes parents feel that, because they are paying for the services, that you are there for them as much as the child. Decide for yourself what you're OK with and what would feel like is encroaching on your own time and not OK. E.g. If a parent calls you once in a 3 month series because they are really struggling with something and is very respectful of your time and you don't mind chatting, then that might be fine for you. However, if a parent feels they can call you each week to whinge about their child, that probably won't feel fine. Decide for yourself what you feel is part of your offering and know that you don't need to answer these calls at all - again, you are there for the student only.

   Some mentors and coaches offer parent calls as part of their offering because having a space for them to feel heard and talk through some things with someone who understands young people can be really supportive for them too. Totally up to you and good to get clear on this for yourself before you start.

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EXAMPLE RESPONSES

It's good to have a few statements that could support you in moments where you feel a boundary is being crossed, for example:
It's nice to hear from you [Parent] but I'm just about to go into a client session with another young person. I don't offer parent coaching or support for you - as you know I'm here for your child. I can send you through some recommended coaches or mentors for parents though if you'd like?

OR: *Thanks for giving me a call and sharing what's going on with [child]. I'll keep it in mind but I'd love to hear it from them during our session. It's important that they feel like I'm there just for them, and not having conversations with you in between sessions - it might undermine the trust I'm building with them. So, if you're really concerned about something that I think I need to know in future, you're welcome to send me through an email. Thanks so much, [child] is so lucky to have you.*

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