



Support for Parents

h e l p i n g p a r e n t s o f
N D c h i l d r e n f e e l
s e e n a n d s u p p o r t e d

coaching with clio



About Me



Hi, I'm Clio. I'm a mom, life coach, and musician. Through my own journey parenting my 45-year-old autistic son, I've learned how isolating and demanding it can be to raise a neurodivergent child. I'm passionate about helping parents of ND children feel supported, seen, and able to make space for themselves. I believe we can live and parent with more joy and ease when we address our own emotional needs, tap into community and make space for self care.



What about the parents?

We've all explored the array of services and supports available for our children, and are working hard to advocate for them and adjust their supports as they grow and change. But when it comes to supporting the parents and caregivers, there's a lot less.

We often neglect our own needs by putting our children first, which can lead to feeling unsupported, isolated, or overwhelmed. Finding a balance that works for the whole family can feel impossible.

My practical, community-based approach will help you uncover your own needs around emotional support, community, self care, and parenting and find the support you need to parent and live with more presence and happiness.



Training

- Certified Integrative Nutrition Health Coach, INHC, Institute for Integrative Nutrition, SUNY Purchase, 2022
- Private violin and music teacher, 2011-2023

My background as a music teacher working children with a wide variety of learning styles informs my work coaching parents. Unlocking what helps each child feel comfortable, regulated and ready to learn is central to my 1:1 work as a music teacher. As a coach, I bring my experience working with children of all ages to supporting parents. I help my clients access the tools and ideas to make parenting a little easier and more joyful.



The Process



Step 1: Emotions

- **Identify** emotional needs
- **Uncover** repressed emotions
- **Discuss** ambiguous grief, acceptance, and everything in between
- **Understand** the impact fear and anxiety has on how we parent
- **Take action:** find your own ways to express and get your emotional needs met

Step 2: Support

- **Identify** your needs and envision your ideal support system
- **Evaluate** your community and identify ways to strengthen it
- **Learn** to advocate for you and your family's needs
- **Practice** setting boundaries with friends and family
- **Take action:** Make a plan to create the support system that will nourish you and your family

Step 3: Self Care

- **Identify** your own needs and desires - what brings you joy and makes you feel human?
- **Uncover** coping mechanisms that you'd like to change
- **Give** yourself permission to take time for self care
- **Prioritize + practice** - what can you start doing today?
- **Accountability** - Find support to make change sustainable
- **Take action:** Create a personalized self-care plan to guide you in the future!

Step 4: Toolbox

- **Mindfulness:** benefits + how to start your own practice
- **Self-Compassion:** principles of self-compassion, guided meditations and journaling
- **Advocate** for your child with ease and confidence
- **Learning** from neurodivergent self-advocate community
- **Seeing** behavior as communication and how to be the detective
- **Tap into** resources tailored to your specific child and family
- **Take action:** Design your own parenting toolbox

Offerings

3 month 1:1 program

- Bi-weekly 1:1 coaching sessions to to meet your unique goals and needs
- 4-step program: I guide your through my 4-step process with modules on emotional needs, support, self-care, and creating a parenting toolbox
- Program includes educational materials, resources, and reflection prompts to support your unique needs
- Email support with Clio between sessions as needed
- \$1,000 billed monthly, or \$900 one-time payment



Offerings

6 month 1:1 program

- Bi-weekly 1:1 coaching sessions to meet your unique goals and needs and guide you through the 4 step process (emotional needs, support, self-care, and toolbox)
- Educational materials, resources, and reflection prompts support your unique needs
- Email support with Clio between sessions as needed
- \$2000 billed monthly, or \$1,850 one-time payment



Offerings

Parenting Circle

- 4 month program
- Bi-weekly group meetings with a small class.
- Full access to 4 step process (emotional needs, support, self-care, and toolbox). Through educational materials, resources, and reflection prompts support your unique needs
- \$2000 billed monthly, or \$1,850 one-time payment
- \$600 for 8 sessions (dates TBD)





"The strongest people are not those who show strength in front of us but those who win battles we know nothing about."

-Unknown