

# LET'S SOLVE IT LLC

## Parent Coaching & Parenting Skills

Building Stronger Families One Step at a Time

### Our Mission

At Let's Solve It LLC, we empower parents and caregivers with practical, evidence-informed parenting strategies that strengthen family relationships, improve communication, and support children's emotional, behavioral, and developmental success. Our trauma-informed, strengths-based approach recognizes that every family has unique strengths and challenges.

### Parent Coaching Services

|                      |                                                                                     |
|----------------------|-------------------------------------------------------------------------------------|
| Positive Parenting   | Encouraging respectful, confident, and consistent parenting.                        |
| Behavior Management  | Managing tantrums, aggression, defiance, and challenging behaviors.                 |
| Emotional Regulation | Helping children recognize and manage emotions appropriately.                       |
| ADHD Support         | Creating routines, structure, organization, and positive reinforcement.             |
| Anxiety & Trauma     | Helping parents respond to anxiety, trauma, and stress using supportive techniques. |
| Autism Support       | Strategies to improve communication, routines, flexibility, and independence.       |
| Communication        | Building healthy parent-child communication and conflict resolution.                |
| Family Routines      | Bedtime, homework, chores, and daily structure.                                     |
| School Advocacy      | Collaborating with schools and community providers.                                 |

### Who Can Benefit?

Parents, grandparents, foster parents, kinship caregivers, adoptive families, and caregivers raising children with emotional, behavioral, developmental, or mental health needs.

### Our Approach

- Trauma-Informed Care
- Strengths-Based Practice
- Evidence-Informed Parenting Strategies
- Individualized Family Support
- Culturally Responsive Services

### Languages

Services available in English, Spanish, Polish, and Creole.

### Why Families Choose Us

Families receive compassionate, nonjudgmental support, practical tools that can be used immediately, individualized coaching, and ongoing encouragement to help children thrive at home, in school, and in the community.

## **Contact Us**

### **Let's Solve It LLC**

Parent Coaching • Parenting Skills • Family Support Services

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