

## **Rona Renner, RN**

### **Temperament Consultant and Parenting Coach**

A person's temperament is the natural way they move in the world and respond to people, the environment, and ideas or requests. Understanding temperament helps in building healthy relationships with the children and family members in your life. Participation in a temperament consultation will assist you in reflecting on your child's unique style and behavior. You will also learn about your own temperament and the "goodness of fit" between you and other family members.

I use the temperament profile to develop customized strategies for your parenting challenges and approaches rather than giving "one size fits all" advice. You will discover more about your child's needs and how to adjust routines and discipline, and develop approaches to reduce the stress at home and at school.

#### **Consulting Involves:**

For children up to age 6: Filling out an online questionnaire, which results in a temperament profile. The cost for accessing the questionnaire on the web ([www.preventiveoz.org](http://www.preventiveoz.org)) is \$10. You will receive a sign-in number, and you can use the site as many times as you like for one year. You can create temperament profiles on all of your children.

For older children: You will be asked to do a one page temperament form that I will send to you.

In the first appointment or two we will review the temperament profile and develop strategies for dealing with challenging behaviors and situations. I will review the results prior to the appointment.

The appointments can be in my office, in your home, or by phone or SKYPE. Fees will be discussed by prior to the first appointment, and reassessed as needed.

#### **On-going coaching is also available after the temperament consultation.**

These appointments can be spaced as needed by you, and they can include observing your child at home, in childcare, or at school.

**School Observation** is an important way to understand a child's behavior at home and at school. I look at the goodness of fit between the child's temperament and the school environment and teachers. Parents find it helpful to have someone who the child doesn't know pay attention to the ways the child adapts to school rules and gets along with other children. I also pay attention to

the attitudes the teachers have towards the children, and the level of stimulation in the classroom. Sometimes I'm able to follow up and work with the teachers on accepting a child's temperament and coming up with strategies to have the school experience be more successful.

**Temperament consultations and parent coaching sessions are not psychotherapy.** I will make referrals for further evaluation or therapy if there are factors that could best be addressed in other ways, or if requested by you.

### **CONFIDENTIALITY**

In general, the privacy of all communications between us is confidential. Because I'm a mandated reporter, there are some situations in which I'm legally obligated to take action to protect others from harm. For example, if I believe that a child, elderly person, or disabled person is being abused, I must file a report with the appropriate state agency. Child abuse entails physical abuse (anything that leaves a mark or bruise), neglect (failure to provide food, clothing, supervision, shelter, or medical care) and sexual abuse (this includes sexual contact with an adult or in some circumstances with an older child).

**Your signature below indicates that you have read, understand, and agree to this information. Please sign if you also agree that I can observe your child at his pre-school (if requested by you) and talk with the teachers (with you want me to) about my observations.**

\_\_\_\_\_  
Client

\_\_\_\_\_  
Date

\_\_\_\_\_  
Client

\_\_\_\_\_  
Date

\_\_\_\_\_  
Rona Renner

\_\_\_\_\_  
Date