



THE KAIROS BRIDGE

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THE HIDDEN FACTOR SHAPING CLASSROOM OUTCOMES

The Impact of Parent Coaching and Educator Development on Student Success

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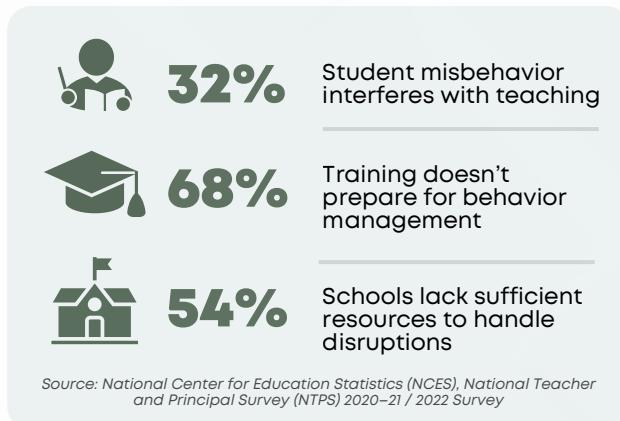
Table of Contents

Executive Summary	1
Parent Stress & Classroom Performance	2
Background Information and Evidence	3
School Climate, Behavioral Challenge, and Learning Loss	4
School-Based Parent Coaching	5
Educator & Counselor Training in Child Development	6
Notice-Name-Nurture™ Framework	7
Theoretical Foundations	8
Our Fit-For Purpose Program	9
School Partnership Program Design	10
Other Coaching Programs	11
Add On Services	12
The Bottom Line	13
About the Kairos Bridge,LLC	14

Aligned Parenting, Accelerated Learning



Schools across the nation are facing escalating behavioral challenges, declining academic engagement, and rising teacher burnout. While these issues often appear within the classroom, research consistently shows that their **roots frequently begin at home**. Parental stress, inconsistent emotional support, and limited understanding of child development significantly influence a child's self-regulation, attention, and behavior—factors that directly shape learning outcomes.



Why Parents and Educators Matter

Studies show that children whose parents receive emotion-coaching support:

- Have stronger self-regulation
- Focus better in class
- Develop healthier peer relationships
- Exhibit fewer disruptive behaviors

Yet most school improvement efforts focus solely on student interventions, leaving a critical leverage point under-addressed: the adult systems that shape a child's world, which are **parents and educators**.

Our Solution: Notice It • Name It • Nurture It

The Kairos Bridge's proprietary **Notice It • Name It • Nurture It™** framework combines psychology-based parent coaching and educator development. This evidence-based approach equips parents and teachers with practical tools to support children's emotional and academic development.

Measurable Benefits

- Fewer classroom behavior disruptions
- Improved student executive functioning and emotional regulation
- Stronger teacher-student relationships
- Greater academic engagement and increased attendance
- Enhanced educator confidence and reduced burnout

Strategic Implication

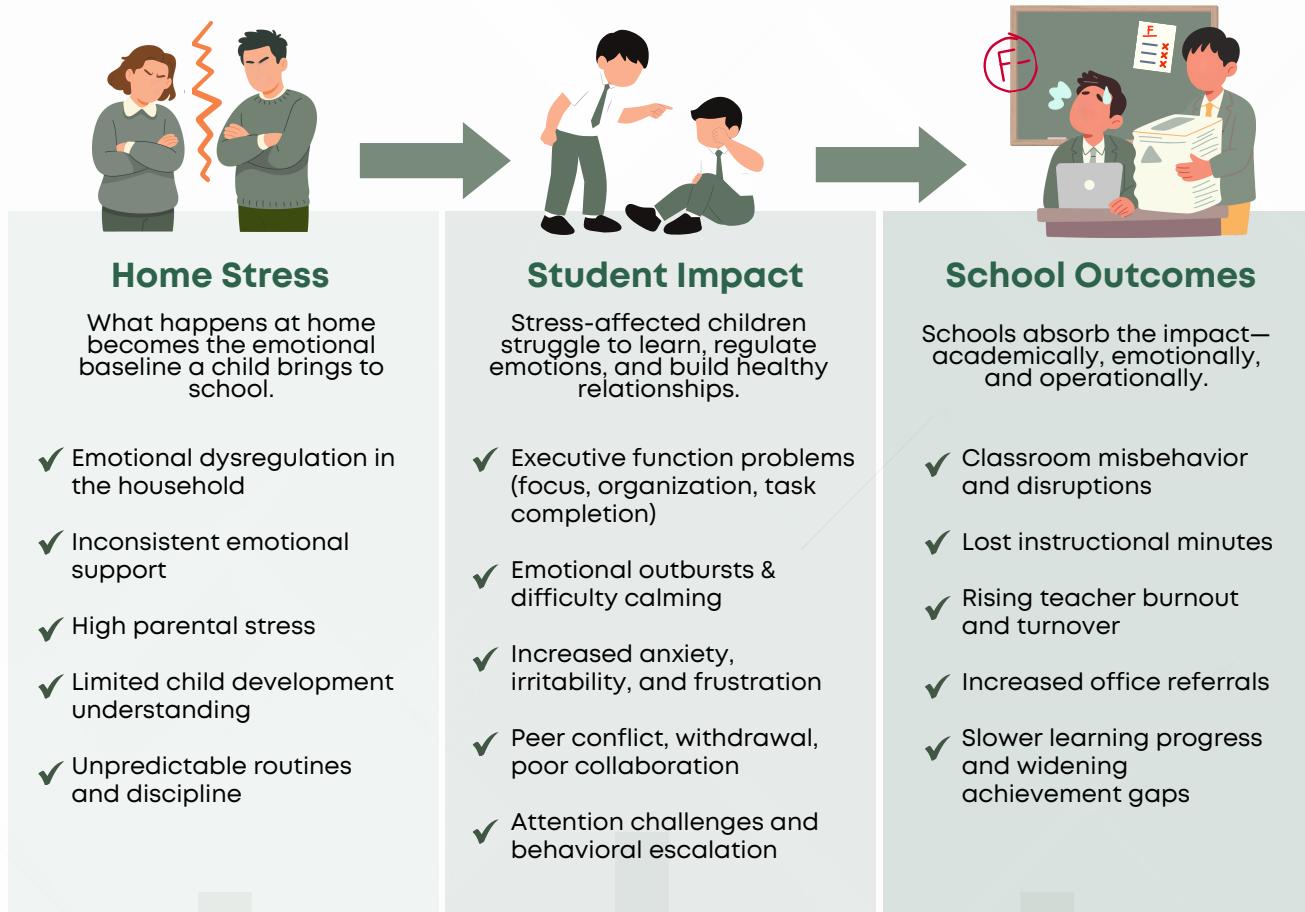
Supporting the adults in children's lives is not optional; it's essential. Schools that integrate parent coaching and educator development create safer, smarter environments where emotional intelligence thrives, teaching time is maximized, and students achieve long-term academic and relational success.

The Challenge: Parent Stress and Classroom Performance

How Stress At Home Shows Up In The Classroom

Research consistently shows that stress does not stay in one environment. Emotional strain in the household affects to the child's self-regulation capacity, which then shows up as attention difficulties, behavioral escalation, or social conflict at school. In turn, school challenges such as misbehavior, academic pressure, and negative feedback loops raise stress within the family. This creates a cycle of influence that affects learning, teaching time, mental health, and school climate.

Home–School Stress Transfer Cycle



This evidence supports a home-school stress transfer cycle: parental stress → child dysregulation → classroom disruption → academic and relational loss. Addressing only in-school factors is not enough. Effective interventions must strengthen the **home emotional environment, parent support, and child regulation skills** to sustainably improve school outcomes.

The Evidence is Compelling

National Trends Impacting Student Success

National Center for Education Statistics (NCES), 2023

87%

Public schools report declines in social-emotional development.

Condition of Education 2023: Student Social-Emotional Development.

70%

Say anxiety, dysregulation, and emotional issues are now the top non-academic challenges.

School and Staffing Survey (SASS) & Trends in Student Mental Health.

56%

Experienced increased classroom disruptions due to student misconduct.

Source: NCES, 2023. Trends in Student Behavior and School Discipline.

49%

Report rising teacher burnout tied to behavior management demands.

Source: NCES, 2023; American Psychological Association (APA), 2022. Teacher Stress and Classroom Challenges.



31,183 children

Meta-analysis of 24 studies shows **strong links between parental stress and emotional problems** (anxiety, depression) and **behavioral issues** among school-age children.

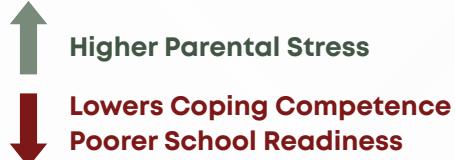
Source: Associations of parenting stress and child outcomes: A meta-analysis. (Pinquart, 2017)

Chaotic Home Environment

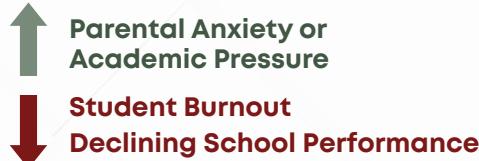
impair executive functions: attention, working memory, and self-regulation

Source: Household chaos and children's executive functioning: Evidence from developmental studies. (Evans et al., 2021)

Child Dysregulation → School Challenges



Source: Early Education & Development, Rhoades et al., 2011)



Source: (Journal of Educational Psychology, Howard & Johnson, 2018)

Why Schools Absorb the Impact: Behavior, Engagement & Climate Disruptions

- **Common manifestations:** externalizing behaviors (aggression, defiance), emotional dysregulation, peer conflict, social withdrawal, impulsivity, and poor self-regulation.
- **Consequences:** classroom disruptions, attention lapses, distractibility, task avoidance, behavioral escalation, impaired lesson flow, and strained peer interactions.

Schools become the frontline because teachers interact daily with children's stress symptoms.

Stress that begins in the home ultimately becomes a school problem—impacting behavior, engagement, academic readiness, and overall classroom climate.

School Climate, Behavioral Challenges, and Learning Loss

Across the U.S., schools are experiencing a noticeable shift in student behavior, emotional regulation, and readiness to learn. These challenges are no longer isolated incidents—they have become consistent patterns affecting classrooms, school culture, and academic progress. Educators report that more instructional time is lost to disruptions, families feel more stress, and students are showing higher levels of anxiety and dysregulation than before the pandemic.

CHALLENGES ARISING FROM BEHAVIORAL ISSUES



INSTRUCTIONAL DEGRADATION

Behavioral challenges diminish the effective time available for teaching and learning.



STUDENT MENTAL HEALTH DECLINE

Manifestations include elevated anxiety, irritability, social withdrawal, and increased aggression.



EDUCATOR BURNOUT AND ATTRITION

Over 50% of educators cite stress as a primary factor for leaving the profession (NEA, 2023).

IMPACT ON SCHOOL CULTURE AND COMMUNITY



Erosion of Trust

Frequent conflicts between teachers and parents weaken mutual confidence and collaboration.



Reactive Atmosphere

Classrooms and school policies shift toward crisis management rather than proactive learning support.



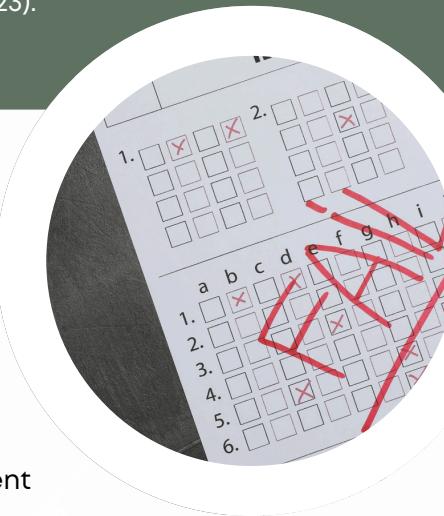
Fragmented Communication

Misalignment between home and school expectations increases misunderstandings and tension.



Community-Wide Effects

Persistent conflict and inconsistent practices ripple across the school, affecting peer relationships, extracurricular participation, and overall climate.



School-Based Parent Coaching: A Strategic Intervention

School-based parent coaching provides **accessible, stigma-free support** that strengthens the bridge between home and school. Parents gain **practical skills** to support learning, behavior, routines, and emotional development, while schools benefit from **improved engagement, fewer behavioral issues, and stronger collaboration**, creating a positive cycle for student success.

Integrated Solutions for School-Based Educator and Parent Training



Home-School Partnership Interventions Improve Academic & Behavioral Outcomes

A comprehensive meta-analysis by Smith et al. (2020) — encompassing **77 intervention studies** and **438 effect sizes**, demonstrates that structured home-school partnership programs yield consistent, measurable benefits:

- **Academic achievement increases ($\delta=0.25$)**
- **Student engagement and learning behaviors improve ($\delta=0.25$)**
- **Social-behavioral competence rises ($\delta=0.32$)**
- **Overall mental health and emotional adjustment strengthened ($\delta=0.34$)**

These results strongly support the proposition that investing in integrated parent-school coaching and engagement frameworks is not optional, but **central to improving student outcomes across academic, social, and emotional domains**.

Source: Study of The Effects of Family-School Partnership Interventions on Academic and Social-Emotional Functioning: A Meta-Analysis Exploring What Works for Whom

Educator & Counselor Training in Child Development

A High-Impact, Research-Driven Investment for Schools

Why This Training Matters

Educators are not just academic instructors—they are **frontline emotional responders** who shape a child's daily learning experience. Without specialized training in child development and trauma-informed practice, teachers experience higher stress, more disruptions, and reduced instructional time. When educators are equipped with **evidence-based relational and SEL strategies**, classroom stability increases, behavior improves, and learning accelerates.



Core Training Components

1. Developmentally Informed Classroom Management

Behavior = communication → stronger teacher-student relationships.

2. Trauma-Informed Response Protocols

De-escalation & emotional safety → fewer discipline incidents.

3. Social-Emotional Learning (SEL) Integration

Daily SEL routines → better emotional literacy, focus, and peer skills.

4. Relational Discipline Practices

Restorative approaches → build resilience & collaborative problem-solving.

5. Supporting Neurodivergent Learners

Scaffold executive function & sensory regulation → equitable learning.

What It Means for Schools

- **Trained educators** — equipped with emotional literacy, de-escalation skills, and relational discipline approaches — create environments where students feel seen, regulated, and supported.
- This **reduces reactive discipline**, lowers burnout among teachers, and fosters consistency in routines, which benefits both academic learning and emotional growth.
- Over time, these gains support stronger student engagement, improved behavior, better academic outcomes, and a healthier school climate overall.

Foundations of Notice It • Name It • Nurture It™ Framework

Grounded in neurodevelopmental, child psychology & parenting practice research...

Guided by Scripture's relational model of grace, truth & love!



NOTICE IT

Cultivating Awareness & Attunement

The first step trains individuals to observe **behavior** objectively, seeing it not as "defiance" but as **communication** for the underlying developmental need to be nurtured. This aligns with **Attachment Theory** (Bowlby & Ainsworth) and **Interpersonal Neurobiology Theory** (Siegel) which identifies awareness and attunement as the foundation of children's emotional and behavioral regulation.

Faith-Integrations: God sees us with attentive compassion

- The Lord sees and is attentive (Psalm 34:15)
- Jesus noticed before He taught, corrected, or healed (Mark 6:34)

God models attunement. He notices us fully before He speaks or guides – modeling for parents that awareness is the beginning of love.



NAME IT

Verbal Grounding & Cognitive Responsiveness

Labeling emotions helps children make sense of their internal world. Aligned to **Emotion Coaching Theory** (Gottman), naming feelings strengthens **neural pathways** vital to **executive functions** such as problem-solving, planning, and emotional regulation. Learning to articulate feelings and underlying needs develops emotional literacy and the ability to advocate for one's needs.

Faith- Integrations: God names reality to bring clarity and connection

- God called creation into order and named it (Genesis 1)
- Jesus named people's emotions and needs before moving to truth (John 11:33-35)

God names what is true. to bring order and understanding. Parents can help children learn verbal grounding and thus respond vs react.



NURTURE IT

Responsive Support That Builds Resilience

Adults offer connection, guidance, and structure through relational discipline and boundaries that lovingly nurture present needs and future growth. Consistent with **Psychosocial Theory** (Erikson), **Self-Determination Theory** (Ryan & Deci) and **Social Learning Theory** (Bandura), this nurtures a child's lifelong capacity for self-regulation, coping, and resilience.

Faith Integrations: God responds with grace and truth that lead to growth

- The Lord is compassionate...guiding gently. (Psalm 103:13)
- The Lord corrects those he loves (Proverbs 3:12)
- His kindness leads us to growth and repentance (Romans 2:4)

God nurtures growth through truth, grace, and consistent guidance – showing parents how responsive care shapes maturity.

Theoretical Foundations of Parenting & Child Development

BIOECOLOGICAL SYSTEMS THEORY

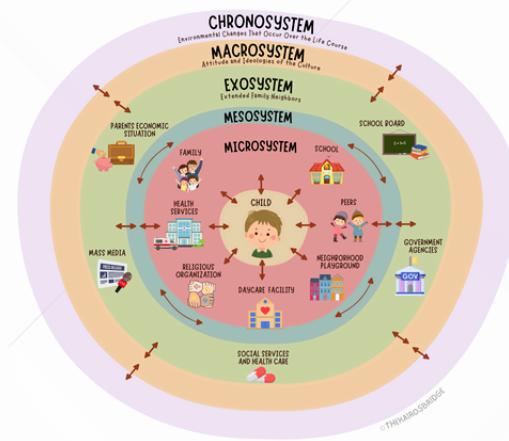
BY URIE BRONFENBRENNER

A child's behavior and development are shaped by interactions with their environments, especially **home and school**. When these systems operate separately or inconsistently, children experience greater stress and dysregulation.

Why It Matters?

Because children feel safest and behave at their best when the adults around them are aligned, predictable, and emotionally attuned. Consistency across home and school dramatically improves regulation, transitions, and cooperation.

BRONFENBRENNER'S BIOECOLOGICAL THEORY



SOCIAL LEARNING THEORY

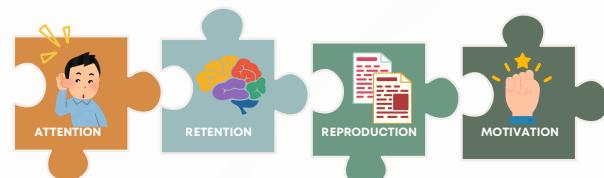
BY ALBERT BANDURA

Children learn behavior by watching parents, teachers, and peers. Self-regulation, problem-solving, and conflict responses are modeled more than they are taught.

Why It Matters?

Because modeling is the most effective form of behavior intervention. When adults across environments model the same emotional skills, students adopt them more quickly and consistently.

BANDURA'S SOCIAL LEARNING THEORY



- The child notices your behavior.
- Clear, consistent actions grab their focus.
- They remember what you did.
- Repetition and emotion make behaviors stick.
- They try to copy your behavior.
- Skills grow with practice and support.
- Rewards or consequences shape repetition.
- Praise, encouragement, and love fuel learning.

PSYCHOSOCIAL DEVELOPMENT STAGES

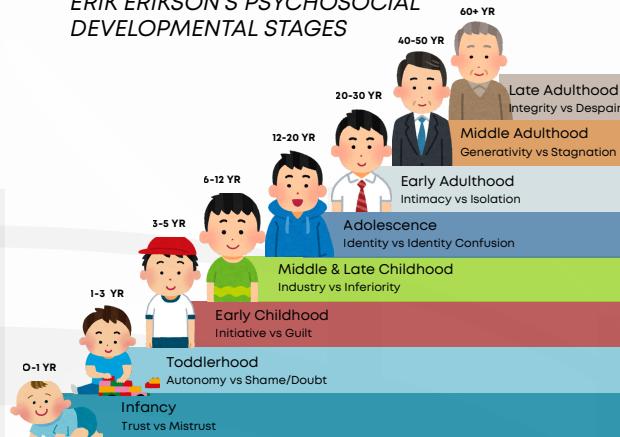
BY ERIK ERIKSON

Individuals face evolving emotional and social challenges at every life stage that directly affect behavior and learning in school.

Why It Matters?

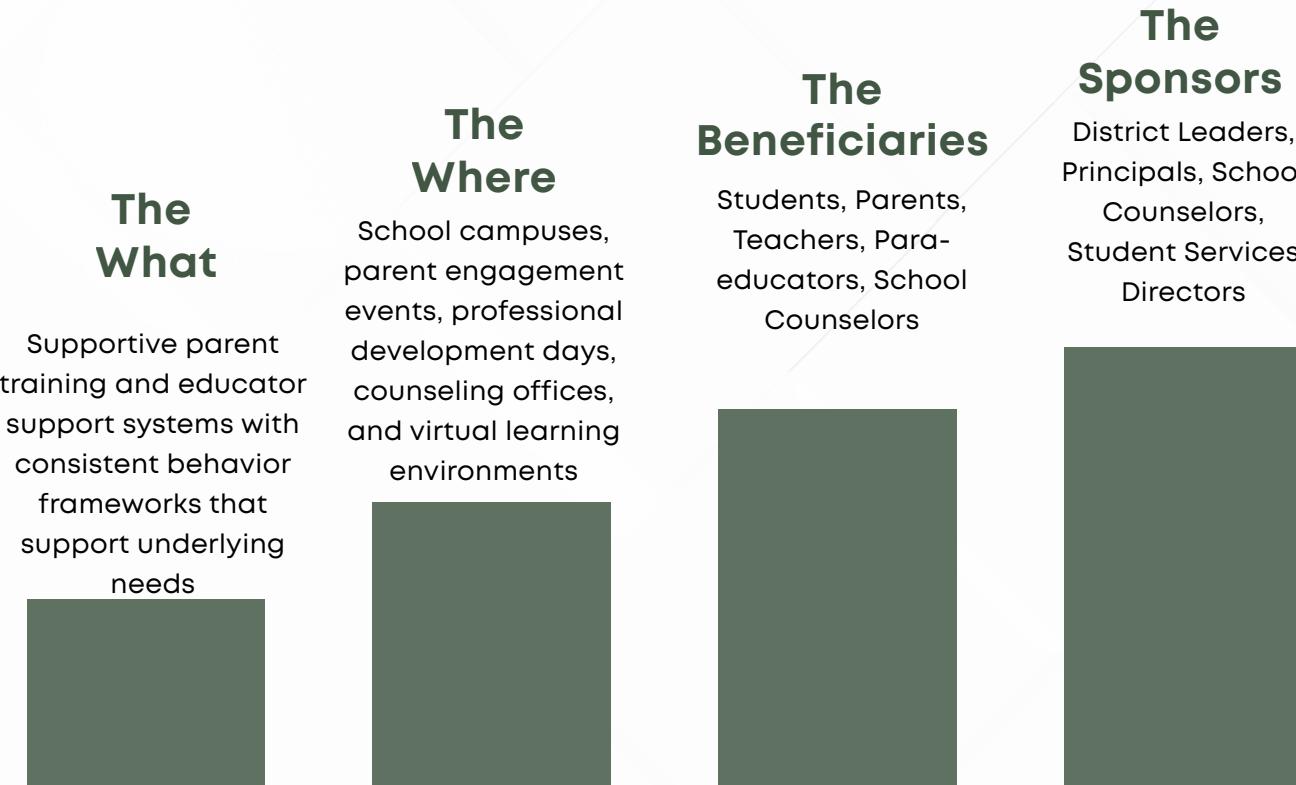
Because when these emotional tasks are supported, children become more secure, confident, socially capable, and academically ready. When they are not supported, behavior problems, anxiety, withdrawal, and conflict increase.

ERIK ERIKSON'S PSYCHOSOCIAL DEVELOPMENTAL STAGES

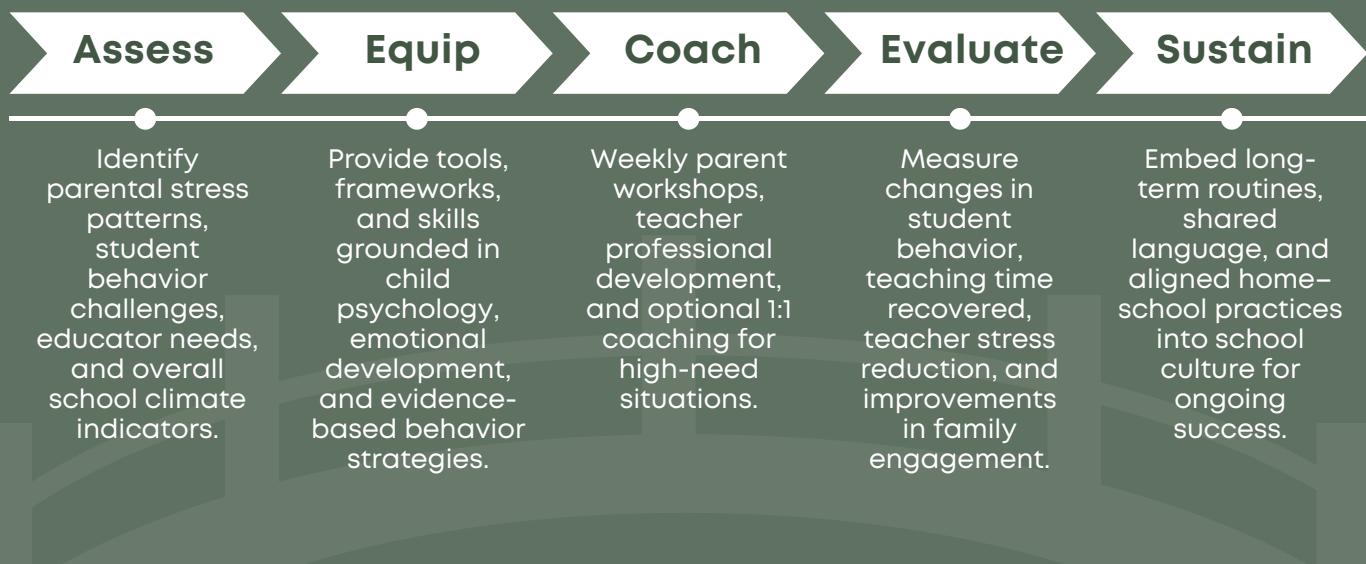


Our Fit-For Purpose Program

A program intentionally designed to meet the needs of your organization by deeply understanding your stress points for and tailoring weekly workshops that empower noticeable change within six weeks.



Program Flow



School Based Program Design

\$150+/person

Phase 1

PRE-PROGRAM ASSESSMENT



Baseline Assessments

- Students:** Behavior incident frequency logs, emotional regulation (SDQ / DESSA-mini), attendance patterns, SEL scores
- Teachers:** Stress/burnout index (TSI), instructional minutes lost, classroom climate
- Parents:** Stress levels (PSI), self-efficacy scale, and home emotional climate



Program Kick-Off

- Select a track – Core Science Track or Science & Scripture Track
- Comprehensive Parent Orientation
- Teacher Onboarding and Professional Development
- Collaborative Planning with School Counseling Staff

Phase 2

6 -WEEK TRAINING & COACHING IMPLEMENTATION



Core Framework for All Stakeholders: “Notice-Name-Nurture”

Evidence-based at its core. Faith-integrated by request.

Parent Coaching (Weekly, 45 minutes)

- Emotional observation
- Co-regulation strategies
- Boundary-setting
- Conflict repair
- Executive function support

Teacher Coaching (Bi-Weekly)

- Classroom observations (in person or virtual)
- Modeling of emotional strategies
- De-escalation scripts
- SEL-integrated routines

Student SEL Mini-Lessons (10-15 minutes)

- Naming emotion driven behavior
- Calming strategies
- Conflict resolution
- Peer collaboration

Phase 3

POST-PROGRAM EVALUATION



Post-Program Impact

- Impact Evaluation Metrics:** Pre/post comparison of: behavior incident frequency, SEL scores, attendance patterns, teacher burnout levels, parent stress, and self-efficacy scores
- Scaling & Sustainability Plan:** Coaches' training for internal school leaders, annual refreshers and follow-up coaching cycles, gradual expansion across additional grade levels

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Other Coaching Programs for Individuals

Every parent-child relationship is unique. We work with you in coaching to identify exactly what you and your child need.



KAIROS CALM: 4-WEEK RESET

- 4 Weekly 45-Minute Virtual Coaching Sessions
- Personalized Behavioral Blueprint (covering routines, discipline, and positive reinforcement).
- Digital Parent Reflection Journal for daily tracking and insights.
- Weekly Email Check-ins for ongoing support and accountability.
- **Bonus:** Free "Calm Parent Toolkit"

\$125/Session



GRACEFUL GROWTH: 8-WEEK JOURNEY

- All inclusion of Coaching Offer 1
- 8 Weekly 60-Minute Virtual Coaching Sessions
- Custom Family Goal-Setting Workbook
- "Positive Communication Strategies" Courses access
- Digital Monthly Progress Tracker
- On-demand Audio Coaching
- **Bonus:** Free "Graceful Parenting Guide" eBook

\$125/Session



FLOURISH TOGETHER: 12-MONTH FAMILY MASTER PROGRAM

- All inclusion of Coaching Offer 2
- 12 Monthly 90-Minute Virtual Coaching Sessions
- Quarterly Virtual Family Bonding Workshops
- Digital Vision board and Workshop Course
- Private Podcast Feed
- Monthly Email Mastermind Group experience & support sharing
- **Bonus:** Free Year-long Digital Prayer Calendar

\$200/Month

BOOK NOW

Ask Us About Our Free 15-Minute Initial Consultation!

ADD ON SERVICES

Each parent-child relationship is unique, as are the circumstances surround the relationship. We offer formal psychological testing and evaluation to pin-point the precise areas of challenge and track growth over time.



PARENTING STRESS INDEX – SHORT FORM 4

- Validated screening tool is used to measure the level and sources of stress within the parent-child relationship
- Parental distress, challenging child behaviors, and stressors will be evaluated
- A personalized and tailored-coaching plan will be developed to address day-to-day challenges and growth the relationship overtime

\$75.00



BASC-PARENT CHILD RELATIONSHIP QUALITY (BASC-PQR)

- A structured, research-based snapshot of the overall quality of the parent-child relationship to evaluate elements of communication, emotional connection, trust, responsiveness and behavior patterns within the home
- Used to illuminate strengths, highlight area of relational strain, and identify patterns that may be impacting behavior or family interactions
- Results guide a personalized coaching plan to strengthen relational foundation at the heart of every parenting challenge

\$75.00

The Bottom Line

The research across child development, educational psychology, and school climate studies consistently points to the same reality: **children learn best when both their educators and caregivers are supported.** Classrooms function more smoothly when teachers understand the developmental drivers of behavior, and students demonstrate stronger self-regulation when families have access to guidance that is practical and non-stigmatizing.

Implementation Readiness Checklist

Your school may be ready for an integrated support model if:

- Classroom disruptions are increasing.
- Teachers reporting stress or burnout
- Strained school-family communication
- Discipline systems feel reactive, not supportive, leading to repeated issues.
- Inconsistent SEL or trauma-informed practices

If several of these reflect your current reality, it may be time to adopt a more coordinated, developmentally informed framework.

An integrated approach strengthening skills at school and at home offers a coherent framework for reducing disruptions, improving engagement, and protecting instructional time. These are not isolated benefits; **they reinforce each other.** When adults share consistent strategies, children experience stability, and learning conditions improve.

Closing Thought

"When adults respond with understanding, children respond with growth."

A stable and developmentally informed environment both at home and in school, creates the conditions every child needs to thrive.

If your school is ready to invest in evidence-based strategies that reduce behavior incidents, increase engagement, and strengthen school-home partnerships, we invite you to begin the next step:

→ Schedule a Strategy Consultation

Let's assess your school's needs and build an integrated support plan tailored to your context.

→ Start With a Pilot Program

Introduce the training in one grade level or department and scale based on results.

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About The Kairos Bridge

Who We Are

The Kairos Bridge equips overwhelmed parents with practical, grace-centered tools to strengthen family relationships and **reduce parenting stress**.

Bethany Heyne walks alongside parents, as a coach and development expert, who provides practical skills based on the integration of developmental psychology with biblical wisdom. She holds a Master's in Child Psychology and Development, and her research explores parenting stress, motivation, bullying, and the parent-child connection.



Our Expertise

The Kairos Bridge delivers parent coaching through group programs, live discussions, and personalized sessions. Its approach blends clinical research with scripture, grounding all methods in **evidence-based practice** and **Biblical Gospel Truth**. The signature framework, Daily PATHS, supports families with clear principles, actionable tools, and hope-infused guidance.

What Parents Say

Outcomes reported by parents include improved confidence, reduced stress, stronger family bonds, and healthier emotional dynamics, results that contribute directly to employee resilience and workplace stability.