

The Rising Parent Podcast

Stop Questioning. Start Thriving.

Get expert guidance and real-life solutions for all your parenting challenges.

FEELING OVERWHELMED?

Parenting doesn't come with a manual, but you don't have to wing the hard stuff. Join parenting coaches Tim and Edna as they break down the complexities of modern parenthood into actionable, real-life strategies.

WHY LISTEN?

- **Expert Insights:** Advice from childcare professionals, educators, and parenting coaches.
- **Short & Impactful:** Most episodes are 10-20 minutes-perfect for a school run or coffee break.
- **Practical Tools:** No fluff. Just steps you can use today.

WHAT WE COVER:

- **Gentle Parenting Hacks:** Discipline strategies that actually work.
- **Tough Conversations:** Navigating topics like identity, tech, and big feelings.
- **Child Development:** From daycare jitters to emotional regulation.
- **Parental Wellness:** Finding your own confidence and success in the journey.

New Episodes Every Monday & Friday

Available on your favorite
podcast streaming platform.

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Tim

Parenting Coach



Edna

Parenting Coach