



media release



BoysTown

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Happy parents mean happy kids

During Mental Health Week (5-11 October) Parentline reminds stressed parents that by getting support they can not only help themselves but improve their relationships with their children.

According to Parentline's General Manager Wendy Protheroe, a recent evaluation showed that 93% of parents contacting the telephone help line found talking to the service increased their self-confidence and parenting ability.

"Parents reported significantly higher levels of confidence in their parenting knowledge and skills, confidence in caring for their children's needs and enhanced well-being after one telephone call," she said.

Many parents spoke about changes they had made to their style of parenting since contacting the service.

These included spending more time with their children; engaging in a more collaborative parenting style with adolescents that included giving trust, responsibility and choice within boundaries; less screaming or shouting at children; and implementing alternative strategies to smacking.

"There is an old saying that happy parents mean happy kids, which in this instance is certainly the case," Ms Protheroe said.

"Parents reported that their changed parenting styles resulted in their children appearing happier within themselves, less anxious, less stressed, more confident, more relaxed, settled or calm.

"There were also many reports of improved child behaviour such as increased cooperation and enhancements in parent-child interactions, reducing conflict."

Ms Protheroe said that although most people know parenting offers many challenges, they are not always good at recognising they don't have to face these challenges alone.

"Services like Parentline are important to use as non-judgemental sounding boards for concerns parents might be having with their kids," she said.

"The added bonus is that when they contact Parentline they are also talking with and able to get advice from professional counsellors specialising in parenting and child related issues."

Parentline engaged in 9,215 counselling sessions in 2007, with the majority of calls about child behavioural issues, parent/child relationships, parenting strategies and the relationships between parents.

Parentline is a confidential and anonymous telephone counselling service, which operates in Queensland and the Northern Territory from 8am to 10pm seven days a week. The service is a joint initiative of BoysTown and the Queensland and Northern Territory Governments. Parents in these states can call Parentline on **1300 30 1300**.

Ends

Media Contact: Regan Flor 07 3867 1390/0423 843 786 or Jessica Tatzenko 07 38671248/0434 077 478