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Parents urged to take time out

This Families Week (May 11-17) Parentline is urging all parents and carers of children to make some time in their busy lives for their own wellbeing.

BoysTown General Manager Counselling Services Wendy Protheroe said it can be easy for parents to become so caught up in day-to-day routines of managing children, work and finances that they forget to take time for themselves.

"Looking after yourself physically and mentally helps energise you to tackle the challenges in your family, your work and your personal life," she said.

"Including enjoyable activities such as catching up with friends, exercising, or your favourite hobby isn't a selfish indulgence – it really can help you recharge your batteries and have even more energy for your family.

"It's important to remember that children learn a great deal by watching their parents, so if they see you taking care of yourself, they'll learn to take care of themselves as well."

Ms Protheroe also encouraged parents to link with local support services.

"While finding balance in our lives is desirable it isn't always easy, particularly for working families and single parents," she said.

"However, there are many services that can help, including playgroups and community centre programs, and for those who feel they need a little extra support or advice there's Parentline.

"Our qualified counsellors are available seven days a week to help with any parenting or family issue.

"We can provide over the phone counselling and parenting training and are even able refer callers to local face-to-face services if necessary."

Last year Parentline counsellors answered more than 11,000 calls from across Queensland and the Northern Territory.

"Whatever the situation - concerns about a child growing up, the pressures and responsibilities of parenting or even just the need to have someone listen to you for a change, our counsellors are ready to help," Ms Protheroe said.

Parentline is a shared initiative of BoysTown, the Queensland Department of Communities and the Northern Territory Department of Health and Community Services.

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