



The COVID-19 lockdown period and the move to Remote Learning has been a stressful time for everyone, especially with parents having the responsibility of supervising their children during lesson time. In some cases, this additional role is having an impact on the normal relationships within families.

Many children are finding the amount of screen time difficult and not as satisfying as being in the classroom where their teachers is immediately available for assistance. The frustration the children feel is sometimes then directed at their parents.

If any parents feel they need to talk about the difficulties they are experiencing or sense a change within their family relationships there are qualified counsellors you can talk to at 'Parentline.

Our qualified counsellors are available to:

- talk about any issues to do with parenting and your relationships with your child
- help you with ways to cope and be a positive parent
- help with your family's wellbeing and resilience
- connect you with services in your area.

Your call

- We respect your privacy. Your call is confidential and anonymous.
- Calls are not time limited and you can call back as often as you need.
- Our qualified and experienced counsellors have social work or psychology backgrounds. You can ask for a male or female counsellor and ask to speak to the same counsellor if you call back again.
- We can assist non-English speaking parents and carers connect to a translating and interpreting service.
- If you're hearing impaired, you can call Parentline using the National Relay Service.
- Calls from a landline are charged at a local call rate. Mobile call rates will depend on your network provider. Check with your provider if you're unsure.
- We are happy to call you back to minimise the cost to you. If you choose a call back, we will ring back and you'll be placed at the front of the queue until you're connected with the next available counsellor.

Some reasons to ring Parentline

We can discuss a range of issues about parenting, including:

- child behaviour and development
- parent / carer child relationships
- education
- bullying
- living with teenagers
- family violence
- family breakdown
- parental stress