



familiesnsw
supporting families to raise children



At Parent Line we are committed to helping families develop richer, more rewarding relationships and create safer, more nurturing environments for children to grow and develop into happy, healthy, confident, contributing young adults.

Issues for families of Children aged 6 - 12

The counsellors at Parent Line NSW speak to over 10,000 parents every year. Of these parents around 27% of them have children aged 6 -12 years. Parents call from all over the state, although generally parents in urban areas are more likely to seek support and assistance than their rural counterparts. Rural and remote families are more likely (although not always) to call once the issues have escalated to a crisis. We urge parents to call about any issue, no matter how big or small. The sooner they intervene in a positive way in the situation the quicker and easier it is to achieve a positive outcome.

The 5 top reasons parents of children in the 6 - 12 age group call are:

Managing Children's Challenging Behaviours: This may be refusal to co-operate in family tasks, talking back and being rude to parents, bedtime issues, organisation issues like getting ready for school and doing homework independently, concerns about the use of computers and internet particularly in the 'tween' years; issues with siblings, aggression and violence etc.

Child Development: Much of the work we do at Parent Line is discussing with parents what can be expected of children at different stages, what is reasonable for them to be able to manage and how to help them develop mastery of developmental tasks at different times.

Study/Educational Issues: We talk through issues such as school refusal, bullying, relationship issues with teacher and other students, challenging behaviour at school to expulsions and suspensions, educational concerns, and learning difficulties.

Children's Anxiety: As this is the period where children start to have more independent contact with the outside world, anxiety is to be expected. Children are often managing situations on their own for the first time. They may have few skills to deal with these new situations and it can cause understandable fear and anxiety. Children might have anxiety about friendships, changes in the family, generalised fears, worries about school, and concerns related to parental separation etc.

Parental Separation: We support a lot of parents who have separated and are experiencing a wide range of challenges with shared custody and access issues, maintaining relationships with the other parent, organisation of the children's childrearing responsibilities, managing and negotiating financial responsibilities etc.

Parents talk to our highly qualified and experienced professional counsellors about a wide range of topics. Some call once and others call many times as their children grow.

The counselling we provide is free other than the cost of the call, which is no more than the cost of a local call from anywhere in NSW. Mobile phones are charged according to their individual plans.

Close to 33% of our callers identify as having called before. Parents also access our website to download the tip sheets and to read some of the parenting stories from our counselling team at www.parentline.org.au

Parent Line **1300 1300 52** is available 24 hours a day, 7 days a week.