



We're a bit different...

We **open 7 days a week** and our counsellors are talking to clients long after most kids are in bed. We never get to 'meet' the lovely families who use our Line but that doesn't stop us building relationships with callers that last for years ... for the cost of a local call from a land line.



Who will answer my call?

We have a team of 30 highly trained, compassionate counsellors who have lots of experience in working with families. We know every family is different and so we take the time to elicit what is important for each family...



Ask us a question...

Parent Line offers parents and carers the chance to contact us online. Email us a question to info@ParentLine.org.au visit our website to use online counselling or message us on Facebook.

Transition to school

Transition to school is both an exciting and emotional time for families. It helps to have support to find information, ask questions and discuss problems. Parent Line NSW counsellors are trained to provide support to families making this transition.

Working with emotions

One of the best skills to teach little ones is how to calm and regulate emotions.

Two of the best ways to do this are to colour and to play with play dough. Rhythmic movements combined with parent and child working closely together is soothing for both.

To make a home made dough, mix ...

- * 1 cup salt
- * 2 cups plain flour
- * 3 tbs cream of tartar
- * 2 cups water
- * 2 tbs oil

...with a few drops of food colouring and knead until mixed in and soft.



An interpreter service is available to clients at no cost. Simply call us...

9am-9pm Monday to Friday
4pm-9pm Saturday & Sunday

info@ParentLine.org.au

1300 1300 52
www.ParentLine.org.au



Developmentally speaking

Some kids require additional support at school. They may struggle to connect socially, find it hard to concentrate in class or fall behind their peers in basic literacy and numeracy.

If you have concerns about your child's development speaking to a Parent Line counsellor may help you find the right strategies support and referral pathways. For children with additional needs, developing a good working relationship with the school early on is important. For resources to help, visit the Transition to School site at www.transitiontoschoolresource.org.au

Managing transitions

It is normal for kids to be exhausted after a day at school; this may lead to them experiencing emotional meltdowns. Learning and navigating new relationships is draining. It can help to have established afternoon routines which allow for some down-time. The family meal time is a good place to ask your child about their day and reconnect. Rituals for the end of the day, week, term and year will help your child transition more smoothly.

Parents' own Feelings:

Transitioning to school is big for parents too. Parents are often caught off-guard by their own feelings of excitement, sadness and nervousness at sending a child to school. Speaking to an empathic and non-judgmental Parent Line counsellor can help develop strategies to manage those complex feelings.



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