

News Release

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Parents Under Pressure: Help is Available

The recent horrific footage of a stressed-out mother hitting and slapping her 4-year-old daughter in an Indiana parking lot has reminded us of how challenging parenting young children can be – and of the importance of knowing how to deal with challenges in a safe and constructive manner. Experts say that physical abuse usually does not stem from an unloving or inherently bad parent, but rather from a lack of knowledge and preparation. Often abuse results when a parent does not know ways to prevent and deal with unacceptable behavior, what can reasonably be expected of children of different ages, or is not prepared for an unwanted outburst, lacking an appropriate discipline strategy.

[Name of program], a local family support organization, points out that help is available to parents feeling overwhelmed and needing some of these coping strategies. And that it's okay to ask for it.

“Parents sometimes feel like there is something wrong with them if they seek help with parenting, as though they’re supposed to know everything instinctively,” said [name], [title]. “But it’s natural to have questions, to seek advice, to need to discuss parenting challenges. Not knowing the answers to every question doesn’t mean you are a bad parent. It means you’re normal.”

[Name of program] offers parent self-help support groups for this very reason, [name] said. These groups offer free, weekly meetings where parents can share information, strategies, ideas and support. The groups are led by parents and are confidential, offering a place for parents to talk about everything from discipline issues to successful strategies for getting kids to help with household tasks.



“Parents are the experts here,” said [name]. “They have been through these things and are often surprised to find out how much they can help each other. They give *and* receive support. It’s really an exchange of ideas.”

[local parent quotes, if possible]

These parent support groups are part of the Circle of Parents project, a collaboration between the National Family Support Roundtable, of which [program name] is a member, and Prevent Child Abuse America. Supported by a grant from the Office on Child Abuse and Neglect, Circle of Parents promotes and supports parent self-help groups across the country. For more information about a parent support program near you, contact [contact information].

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