



The Potters Bar Consortium

Coping with recession challenges – tips for parents

As families across the country feel the effects of the recession, parent support charity Parentline Plus has issued some tips to help them cope.

Parentline Plus feels strongly that family life can be tough enough without the added financial pressures and strains that a drop in household income or unemployment can put on them. This sort of pressure leads to a greater risk of stress-related family breakdown.

Commentators such as Dr Tanya Byron and Trevor Phillips, Chair of the Equality and Human Rights Commission watchdog, have sounded a warning about the effects from the 'cold wind' of recession [1]. Stress and conflict may arise in some families as a direct result of a squeeze on household budgets and children may get anxious about the gloomy economic news and worry about the future for their family. Stress-related family breakdown is expected to increase.

The charity is urging parents not to be put off asking for help because they fear they will be labelled as 'bad parents'. In a stressful situation, asking for help is a sign of parenting strength, and parents should be encouraged to access the support available, such as the free* and confidential Parentline service they offer 24 hours a day.

Parentline Plus Chief Executive, Jeremy Todd said:

"Life is harder for a lot of families at the moment but we want parents to know that we are here to support them and if they are struggling they can give us a call on our free confidential, 24-hour Parentline 0808 800 2222.*

"We have put together some useful tips on making the most of your money during the recession as we appreciate that the added stresses that can be put on families at this time can impact on everyone – young and old – and can even lead to family breakdown."

For a full rundown on the tips for coping with the recession, visit www.parentlineplus.org.uk/recessiontips for more information about

- Paying the bills
- Saving money on food
- Occupying the kids on a budget
- Smart shopping and raising cash