



NEWS RELEASE

For the nuts and bolts of parenting, order a Family Help Line Toolkit!

Seattle, WA – June 10, 2008 - It's 7:50 in the morning and you and your child have been trying to get out of the house for almost forty-five minutes. If you don't leave in the next three minutes, there is no way you are going get to work on time. Only if you are lucky your child *might* make it to school before the last bell.

Does this scenario sound familiar? Are you always racing against the clock, no matter how much you feel you tried to prepare? You aren't alone. Parenting isn't easy and *Parent Trust for Washington Children* is here to help.

The Family Help Line - *Parent Trust for Washington Children's* toll-free parenting phone line - has assembled **free parenting toolkits** filled with practical and easy to use information for parents and caregivers in Washington State. Contents range from tips on how to deal with a fussy baby and teaching responsibility to school age children, to guides for expectant fathers and information about Post Partum Depression. The toolkits can be tailored to meet a caregiver's specific needs. There are four separate toolkits for the following age groups: Infant & Toddler (Birth to 3), Preschool/Kindergarten (3 to 6), School age (6 to 10), and Pre-teen/Teen (10 to 18).

The Family Help Line can be reached by calling 1-800-932-HOPE (4673) Monday through Friday 9am-10pm and Saturday and Sunday 10am-6pm. Callers can speak confidentially with a skilled and caring parenting coach. The Family Help Line also offers the Parent Information Line which includes parenting classes and resources in all 39 counties. The Family Help Line is free and confidential and is available in English and Spanish.

More information - including many downloadable tip sheets and a database of resources, classes, and support groups – can be found at www.parenttrust.org.

The Family Help Line is a program of *Parent Trust for Washington Children*. Since 1978, *Parent Trust for Washington Children* has provided vital services to families in Washington State to prevent child abuse and neglect and build strong families. Our mission is to **create lasting change and hope for the future by promoting safe, healthy families and communities.**

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