

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Family: Parents and Carers

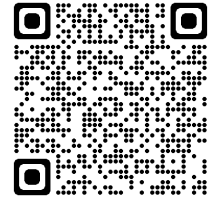
Every family is unique, and there are many reasons why you may come to counselling to talk about family issues. They can include

- Clash of personalities between you and a family member
- Witnessing family members arguing or fighting of prolonged period of time
- Abuse of any kind, including domestic
- Lack of good communication
- Mental health issues or addiction in the family
- Being a young carer for a family member
- Pressure from parents or guardians to meet high standards
- Life events effecting the family, such as grief, divorce or remarrying
- Family unemployment or struggling to get by.

What can I help the young person?

If there is abuse in the family (either towards the young person or them witnessing it), then inform the police or call the NSPCC number (see resources). Also see our information on abuse.

- spend quality time with the young person to deepen your one-to-one relationship and strengthen the bond. Take an interest in what they do and what they enjoy
- when emotions run high in conflict, **exit** the conversation and **calm down** for a while before returning to it at a later time
- try to empathise with the young person to **understand** what they're going through- it doesn't excuse any conflict, but may help you figure why they react as they do
- notice the **good** in the young person throughout the day/week and mention their strengths and good qualities to them. Positive feedback can go a **long** way.
- encourage the young person to **manage** their stress levels by doing something **soothing**
- understand that young people can 'absorb' adult worries, and may feel **powerless** when they can't help or 'make things right'
- try to avoid arguing in front of the young person- witnessing constant arguments can have a **detrimental** effect on their wellbeing
- help them to focus on the things that they **can** control, not the things that they can't -this can give them a better perspective on things
- **encourage them** to talk to an Eye to Eye counsellor about their feelings to relieve some stress



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

NSPCC

0808 800 5000

Email: help@NSPCC.org.uk

www.NSPCC.org.uk

Young Minds Parent line

0808 802 5544

www.youngminds.org.uk (online chat)

Resilience Families Service

01443 425006

www.rctcbc.gov.uk

Helpful Resources

[Reach out: Family Conflict and Teenagers](#)

[NSPCC: Support for Parents](#)

[NHS: Teen aggression and arguments](#)



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