

Parenting and Caring – Part B

Reach Out Australia has been Australia's leading online mental health organisation for young people as well as parents. Its recent extension, 'Reach Out Parents Coaching' provides the parents of teenagers the support and help they need in order to foster a positive relationship with their teenager and promote the wellbeing of their teenager; helping the parent to manage multiple role expectations. Ultimately, parents who access this support service give themselves the opportunity to improve their own wellbeing through the social, emotional, economic, physical and spiritual aspects of their wellbeing.

The use of this support network has the power to enhance the social wellbeing of parents as they are able to express their issues confidentially whilst receiving expert advice from professional coaches. Knowing that the information they pass on is kept confidential will allow parents to feel a sense of safety and security while they form a bond with the coach on an emotional level as they share their individual issues and experiences. Expressing negative feelings within the parent and being able to talk about them is a healthy way of dealing with problems and issues that may arise within the family environment rather than keeping these feelings bottled within. This allows parents to confront the issues they face, look for strategies advised by the assisting coach, implement these strategies and ultimately move beyond problems. The assistance provided by the qualified coaches and experts allow parents to feel as if they have a support system and thus, enhances their social wellbeing.

In addition, for parents who may be dealing with a physical disability, the way to access this service is relatively convenient as they do not need to travel anywhere to access the service; allowing parents with a physical disability to be able to manage their physical wellbeing. They are able to choose their own space as long as they are equipped with a laptop connected to the internet along with a phone. Physically, their mental health is also catered for - Opening up to someone and expressing how one feels within is a method of healing and doing so, may enhance the mental health of parents who suffer from stress or pressure due to the hardships involved with being a parent. Doing so additionally increases the emotional wellbeing of a parent due to the help and support provided by the coach. As parents face everyday issues with their teenager, professionals provide them with strategies and solutions to overcome these issues which will ultimately allow them to feel stronger and more effective as parents and more importantly, as individuals; enhancing their emotional wellbeing.

Economically, this service is highly convenient for the majority of parents as it is free. However, the parent must be equipped with a computer, internet and a phone. As long as these resources are available, the service is entirely free of charge for parents which is highly beneficial and contributes to their economic wellbeing as they don't have to deal with any financial concerns or issues. However, if parents don't own the suitable equipment needed for the support network, there are other resources available. Informal resources such as friends or other family members may be able to help them with this or formal services such as libraries. In spite of this, parents may shy away from taking these steps possibly due to the opinions, judgements and criticism of others which would make it hard for them to access the service.

Parents who receive expert advice, exploring ways to go about dealing with issues within the family environment and building positive relationships between their child are being educated and will ultimately allow the parent to feel a sense of achievement and purpose within themselves, contributing their sense of identity and spiritual aspect of wellbeing. While the

parent goes through a series of sessions guided by the qualified coach on ways to improve the wellbeing of their teenager as well as enhance the relationship between them, they are being educated, adding to their need for education.

Reach Out Parents Coaching has the ability to help parents manage multiple role expectations. This includes satisfying specific needs and promoting the wellbeing of their teenager as well as building positive relationships with their teenager. As problems rise within the home from time to time, parents are able to explore strategies, advised by their coach, in order to solve these problems. For example, if a parent notices their teenager constantly upset with a lack of communication, they may be suggested by their coach to take the time to go out to spend more time with them, take them to places they know their child is fond of until they decide to talk, without any force. Although this may take time, the child will eventually come out and express their feelings, ultimately forming a stronger, more positive relationship between the parent and teenager. Thus, the strategies provided to a parent by a supportive coach from the support network will help parents build positive relationships with their child.

Along with this, Reach Out is able to assist parents to promote the wellbeing of their child in the same way. As parents build stronger relationships within the family environment, the wellbeing of the child will inevitably be promoted. As parents help their children through everyday issues, they are able to help support them on a social and emotional level of wellbeing. Through the interactions and communication between the parent and child, the socioemotional wellbeing of the child is automatically enhanced as they have a support system and someone to communicate with. To conclude, the use of a support network correspondingly aids parents to satisfy some specific needs of their child. As a parent can be a support system for their teenager, the child will, without a doubt, feel a sense of identity and experience safety and security within the home. As long as the teenager is able to trust their parent and be able to connect with them on many levels, they will feel that their need for safety and security and some part of their sense of identity is satisfied. Nonetheless, one's sense of identity is formed through many factors including their own self-worth and self-confidence, their friends and their purpose. Thus, parents aren't completely capable of this but can play a big part in their teenager's sense of identity. Conversely, the use of this support network perhaps may not be able to assist parents in satisfying their teenager with an adequate standard of living, employment or education as this comes down to the parents themselves and involves financial means. However, Reach Out is there to support parents in a majority of situations and can try their best in order to help parents manage multiple role expectations within the family environment.