

## Help is available

Aspirus Employee Assistance Services has counselors available to help you and your family. You can call the confidential helpline 24 hours a day at:

715.848.4357 ~ 800.236.4457  
TDD# 715.845.4928

Remember,  
Aspirus Employee  
Assistance Services  
is confidential.



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3000 Westhill Drive, Suite 100  
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715.847.2772  
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## When Parents Need Help



questions and answers



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## what kind of parents need help?

Normal, sensible, healthy people who are concerned about themselves and their children, and who want to become better parents.

## it should come naturally

*Ask yourself the following questions:*

- Do you often worry about your children and their problems?
- Do you often lose control of yourself and fly off the handle with your children?
- Are you able to set healthy limits?
- Are your expectations of yourself and your children realistic?
- Are you able to laugh, play or enjoy a relaxed conversation with your children?
- Do you lose sleep thinking about your parenting role?
- Are you concerned about your children using drugs?
- Are you often inconsistent with your children?
- Do you find yourself wondering what is normal behavior of a particular age group?

## parenting is a tough job

You are not alone. An important ingredient of responsible parenting is asking for help.

