

Relationships Australia

NEW SOUTH WALES

Media release

For release: Friday 7 May 2010

Making the Most of Your Relationship with Your Mum

“Mother’s Day is a key time for people to consider their relationships, especially the relationship with their mother or step-mother,” Anne Hollonds, Psychologist and Relationships Australia NSW CEO said. “Often who we are, is strongly shaped by our relationship with our mother and we carry that influence with us for the rest of our lives.”

“At Relationships Australia, we help people to enhance their wellbeing through better relationships, including couples, parents and children, family and friends, as well as workplaces and communities. On Mother’s Day we are highlighting the importance of relationships with mothers. Whether we are young or old it is never too late to make your relationship with your mum better,” Anne Hollonds said. “Our wellbeing is closely connected to the quality of our important relationships, so it’s a smart investment to take steps to improve them.”

The top tips for building a better relationship with your mum from Relationships Australia include:

- Try to understand your mother’s point of view, or at least find some compassion for her circumstances
- Let your mother know you care about her
- Talk with your mum about what you can each do to strengthen your relationship
- Avoid blame or criticism, and be clear about how you are feeling
- Agree some small steps you can each take that will make a difference
- Be patient, change takes time
- Get coaching from a Relationships Australia counsellor on how to make the most of your relationship with your mum.

Relationships Australia services include counselling for individuals couples and families (face-to-face, telephone and online); parenting and relationship education; support for families going through separation; specialist services for young people leaving out of home care, refugee families and Aboriginal communities; workplace counselling and training; employee assistance programs and consultancy for companies; and training for family support professionals. Relationships Australia NSW is part of a national network of over 180 centres.

To find out more contact Relationships Australia on 1300 364 277.

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Individual, Couple & Family Counselling, Relationships & Parenting Courses, Post Separation Services, Children’s Contact Services, Family Relationship Centres, Adolescent Services, Family & Workplace Mediation
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