What is PAL?
The Parenting Assistance Line (PAL) is a collaborative service of the University of Alabama Child Development Resources and the Alabama Children’s Trust Fund. When callers call the toll-free number a parenting resource specialist will answer the phone, listen to you, then offer helpful information and support. Callers can also request free literature about their specific parenting concerns.

Will they think I’m a bad parent?
No! All parents have times of frustration or stress over difficulties in raising a child. Calls are free and confidential. “Talking it out” can help us not “take it out” on our children.

When can I call?
Parent Resource Specialists are available from 8 a.m.-8 p.m. Monday through Friday. Messages can be left at any time.

Who is PAL for?
PAL is for anyone who wants information and support in becoming a more confident parent. Let’s face it... when babies are born, they don’t come with “instructions!” Parenting can be tough and sometimes with today’s stresses and problems we all just need a little help. PAL can provide helpful assistance to moms, dads, grandparents, and relatives whose children are ages birth to twelve.

www.pal.ua.edu