

## Nobody's Perfect is...

- ◆ A parenting education and support program for parents of children from **birth to age five**
- ◆ Based on five easy-to-read, colourful booklets given to parents: **Behaviour, Safety, Body, Mind, Parents**
- ◆ **Nobody's Perfect** is designed to strengthen positive parenting skills
- ◆ **Nobody's Perfect** gives parents a safe place to meet others with children of the same age and with whom they share interests and concerns

The sessions are free, interactive and fun. Child care and snacks are provided. The program is facilitated by a trained **Nobody's Perfect** Facilitator. Different resource programs and agencies offer **Nobody's Perfect** as part of their regular programming across Canada



## Parents will:

- ◆ **MEET** with other parents of young children
- ◆ **SHARE** questions, concerns and ideas about being a parent
- ◆ **LEARN** about child development, safety, health and behaviour
- ◆ **DISCUSS** real-life parenting situations
- ◆ **WORK** together with the support of a trained facilitator
- ◆ **DISCOVER** positive ways of parenting

## Nobody's Perfect

Vita Centre

75 Watline Avenue, Suite 101, Mississauga


Fridays from May 11th to July 27th, 2018


10:00am to 12:00pm

See reverse for details



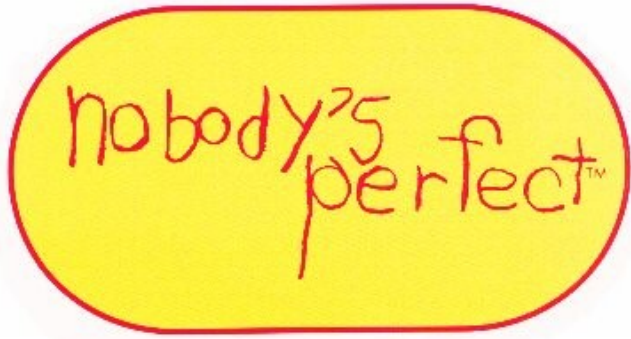
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 905-502-7933 x225

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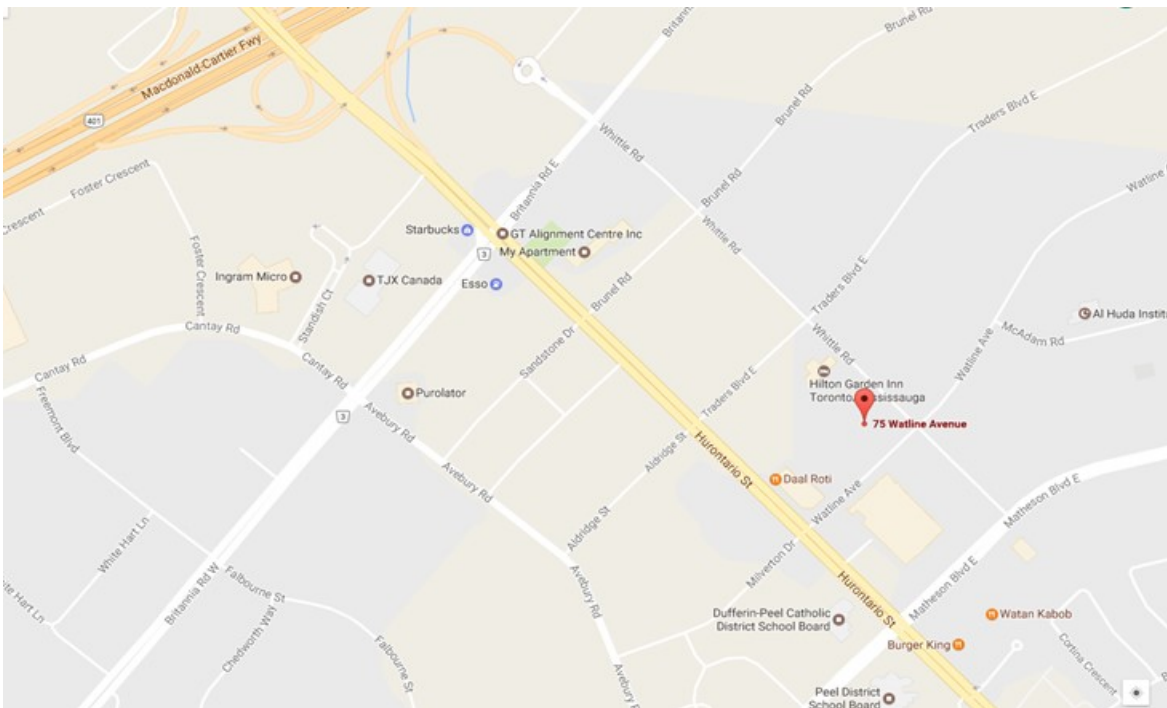
Thanks to Dewdney Foundation!



## Is **Nobody's Perfect** effective?

Several studies have shown that participants in the **NOBODY'S PERFECT** parenting program experience increased:

- ◆ confidence in their parenting skills
- ◆ ability to cope with stress
- ◆ ability to problem solve
- ◆ resiliency
- ◆ self-sufficiency and independence
- ◆ frequency of positive parent-child interactions
- ◆ use of positive discipline techniques
- ◆ access to peer/social/community support



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