

NOBODY'S PERFECT Parenting Program

8 sessions focusing on:

- ❖ Why children misbehave
- ❖ Positive discipline that works
- ❖ Handling tantrums and other common behaviour problems
- ❖ Child development and the importance of play
- ❖ Play ideas
- ❖ Healthy eating for children and tips on picky eaters
- ❖ Keeping our children safe and preventing injuries
- ❖ Stress and healthy ways to cope
- ❖ Parents decide topics covered (like: potty training, tantrums, picky eater, bedtimes, jealousy of the new baby)

NOBODY'S PERFECT- is an **8 week** parent-centered program guided by two trained facilitators, **for parents of children birth-5 years.** Parents will receive a kit containing **5 parenting booklets.**



Learn how to do your best- join our next program!

- **Feb. 1-Mar. 21, 2012 Wednesdays 6-8pm**
- Location: 10142 101 Ave. (across from the Post Office)
- **Pre-registration is required.**
- **Childcare and transportation** (in town) can be arranged.

For more information or to register: 250 785-6021 ext.232 (Pam)