

## Parenting Programs – General Information

Parenting programs provide opportunities to learn and grow as parents, as children grow and develop, and to meet other parents and swap stories and experiences. Each family has unique protective and risk factors and it's important that the information parents receive is reliable and evidence informed.

Parenting programs are evidence informed in a number of ways – from the fields of child development, attachment, neurobiology, medicine, parental self-competence, reflective function, parental mental health, early child learning and care, and the impact of physical and emotional punishment on children, to name a few. They acknowledge the importance of the parent child relationship; that children are learners, and that parents are their first and most important teachers. They understand that the relationship is fostered by a warm, nurturing environment that provides information, guidance and support.

The parenting programs in the following table are respectful of children's dignity, promote healthy and strong relationships and help support children's learning. They also have:

- a firm evidence base
- an understanding that discipline means teaching
- the concept of positive discipline (non-punitive)
- respectful communication
- a strengths based approach
- solution focused

They are offered by the following agencies in Calgary:

- Families Matter
- CARYA
- Boys and Girls Club
- Calgary Public Library
- Parent Link Centres (Alberta wide)
- Calgary Reads
- University of Calgary (Parent Effectiveness Training)

### Recommended Programs in Calgary

| Program   | Suitable for age       | Brief Program Description   |
|---|------------------------|---|
| Circle of Security<br><a href="https://www.circleofsecurityinternational.com/">https://www.circleofsecurityinternational.com/</a><br>(TIC) <sup>1</sup> | Infants and up         | Based on attachment theory and affective neuroscience. Honors parents' innate wisdom and desire for their child to be secure.<br><br>Helps parents to: <ul style="list-style-type: none"> <li>• understand their child's emotional world by learning to read their emotional cues</li> <li>• help their child manage their emotions</li> <li>• enhance their child's self-esteem</li> </ul> |
| Baby and You for Moms (AHS)<br><a href="http://www.birthandbabies.com/baby-and-you/">http://www.birthandbabies.com/baby-and-you/</a>                    | 8 weeks up to 9 months | For new moms and babies.<br><br>Helps parents to: <ul style="list-style-type: none"> <li>• connect with other parents</li> <li>• learn about their baby's development, play, sleep, parenting</li> <li>• brain development, stress, attachment, temperament</li> </ul>  |

<sup>1</sup> Trauma Informed Care

| Program   | Suitable for age       | Brief Program Description  |
|---|------------------------|--|
|   |                        | <ul style="list-style-type: none"> <li>childcare and locating resources</li> <li>building community for your new family</li> </ul>   |
| Daddies and Babies (AHS)<br><br><a href="http://www.birthandbabies.com/by-and-you/">http://www.birthandbabies.com/by-and-you/</a>   | 8 weeks up to 9 months | For new fathers and babies (as above)<br><br>Helps parents to: <ul style="list-style-type: none"> <li>learn about their baby's development, play, sleep, parenting</li> </ul>  |
| Parent Child Mother Goose<br><br><a href="http://nationalpcmgp.ca/">http://nationalpcmgp.ca/</a>  | Birth to 3 years       | For babies, young children and their parents. Focuses on the power and pleasure of story, rhyme and song.<br><br>Helps parents to: <ul style="list-style-type: none"> <li>gain awareness of child's cues and behaviours</li> <li>increase their social support by meeting other parents</li> <li>learn songs, rhymes and stories to help calm, teach and have fun with their child</li> </ul>  |
| Nobody's Perfect<br><br><a href="https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/parent/nobody-perfect.html">https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/parent/nobody-perfect.html</a> | Birth to 5 years       | Promotes positive discipline and helps prevent family violence. Designed to meet the needs of parents who are young, single, socially or geographically isolated, have low income or limited formal education.<br><br>Helps parents to: <ul style="list-style-type: none"> <li>understand children's health, safety and behaviours</li> <li>build on the skills they have and learn new ones</li> <li>improve parent's self-esteem and coping skills</li> <li>increase self-help behaviours</li> <li>provide support to each other</li> <li>connect with community services and resources</li> </ul> |
| Positive Discipline in Everyday Parenting (PDEP)<br><br><a href="http://www.positivedisciplineeveryday.com/">http://www.positivedisciplineeveryday.com/</a>   | Birth to 18 years      | Based on child rights principles, incorporates concepts of brain development, self-regulation, effective parenting and the cognitive, emotional and behavioural changes children experience at each stage of development.<br><br>Helps parents to: <ul style="list-style-type: none"> <li>identify long-term parenting goals</li> <li>provide warmth and structure (love, guidance and information)</li> <li>understand how children think and feel at different stages of development</li> <li>support children to learn how to problem solve in age appropriate ways</li> </ul>                    |
| Kids Have Stress Too<br><br><a href="https://psychologyfoundation.org/Kids_Have_Stress_Too.aspx">https://psychologyfoundation.org/Kids_Have_Stress_Too.aspx</a>   | Birth to 5 years       | Recognizes the key role parents have in helping children learn to manage stress.<br><br>Helps parents to: <ul style="list-style-type: none"> <li>recognize stress in children</li> <li>learn age-appropriate stress management techniques that help teach children to relax and become more resilient</li> </ul>   |

| Program  | Suitable for age | Brief Program Description  |
|--|------------------|--|
|  |                  | <ul style="list-style-type: none"> <li>learn effective ways to promote positive emotional development and self-regulation</li> </ul>   |
| Terrific Toddlers<br><br><a href="https://www.familiesmatter.ca/programs/infant-toddler-preschool/upcoming">https://www.familiesmatter.ca/programs/infant-toddler-preschool/upcoming</a>   | 1 – 4 years      | Provides a positive, respectful approach to parenting toddlers that fosters positive parenting skills for enhancing child development and healthy relationships<br><br>Helps parents to: <ul style="list-style-type: none"> <li>understand child development in the toddler years</li> <li>understand the impact development has on their child’s health, safety and behaviours</li> <li>increase confidence in their ability to cope with the challenges of living with a toddler</li> <li>understand growing autonomy as a necessary developmental stage</li> <li>access mutual parental support</li> <li>gain increased awareness of community resources</li> </ul> |
| Parent Effectiveness Training – A Neurodevelopmental Approach<br><br><a href="http://www.gordontraining.com/parent-programs/parent-effectiveness-training-p-e-t/">http://www.gordontraining.com/parent-programs/parent-effectiveness-training-p-e-t/</a> | 2 years and up   | Rooted in brain development. Focuses on communication and conflict resolution skills.<br><br>Helps parents to: <ul style="list-style-type: none"> <li>learn skills to enhance parent-child relationship</li> <li>talk to their children so that they will listen to them</li> <li>listen to their children so they feel genuinely understood</li> <li>resolve conflicts and problems in the family</li> <li>troubleshoot family problems and know which skills to use to solve them</li> </ul>   |

The Triple P – Positive Parenting Program is a widely used program, available at ParentLink Centres across Alberta. This program differs from those listed above in that it uses a behavioural approach, designed to prevent and treat behavioral and emotional problems in children and teenagers. It is based on cognitive behavioral social learning, and developmental theory as well as research into risk factors associated with the development of social and behavioral problems in children. Some parenting strategies focus on developing positive relationships, attitudes and conduct. <https://www.triplep-parenting.ca/alb-en/triple-p/>

### Examples of agencies providing specialized parenting programs

| Agency                                     | Type of Service   | Parenting Support/ Program Offered   |
|--|---|--|
| CUPS (TIC)                                 | Family Development Centre, Parent Education                   | Nurturing Parenting Programs<br><a href="http://cupscalgary.com/education-programs/">http://cupscalgary.com/education-programs/</a>  |
| Wood's Homes (TIC)                         | Children's Mental Health Centre                               | Family support network and family visits<br><a href="https://www.woodshomes.ca/our-services/parents-families/">https://www.woodshomes.ca/our-services/parents-families/</a>  |
| Hull Services                              | Behavioural & Mental Health Services for children and parents | Community Parenting Education Program - useful for parents of children with disruptive behaviour disorders such as Attention Deficit Disorder (ADHD), Oppositional Defiance Disorder and Conduct Disorder<br><a href="https://www.hullservices.ca/services/cpep">https://www.hullservices.ca/services/cpep</a> |
| McMan Youth, Family and Community Services | Youth and families with complex needs                         | Pathways Program - supports families with children who display complex behavioural needs<br><a href="https://www.mcmanalgary.ca/section2/services.html">https://www.mcmanalgary.ca/section2/services.html</a>  |
| Calgary Immigrant Women's Association      | Family Services   | Cross Cultural Parenting Program - helps parents cope with parenting challenges in a new country and culture<br><a href="https://www.ciwa-online.com/family/83-family-services">https://www.ciwa-online.com/family/83-family-services</a>  |

### For more information on parenting programs

|   |
|---|
| <a href="http://informalberta.ca">InformAlberta.ca</a>  |
| 211 Alberta community information line  |
| ParentLink Centres<br><a href="http://alberta.ca/parent-link-centres">alberta.ca/parent-link-centres</a>  |
| Family and Community Resource Centre<br><a href="http://fcrc.albertahealthservices.ca/community-links/">http://fcrc.albertahealthservices.ca/community-links/</a>                                   |
| Community Resource Centres<br><a href="https://www.frfp.ca/parents-resources/parent-education/parent-education.htm">https://www.frfp.ca/parents-resources/parent-education/parent-education.htm</a> |

Evidence informed parenting information can be found in [Healthy Parents, Healthy Children](#) website and print resources.