

FOR MORE INFORMATION  
about *Nobody's Perfect*, or to download  
this document, please search  
“*Nobody's Perfect*” on [Canada.ca](http://Canada.ca).

For more information about ***Nobody's Perfect***  
sessions in your community, contact:



# Nobody's Perfect

*nobody's perfect*

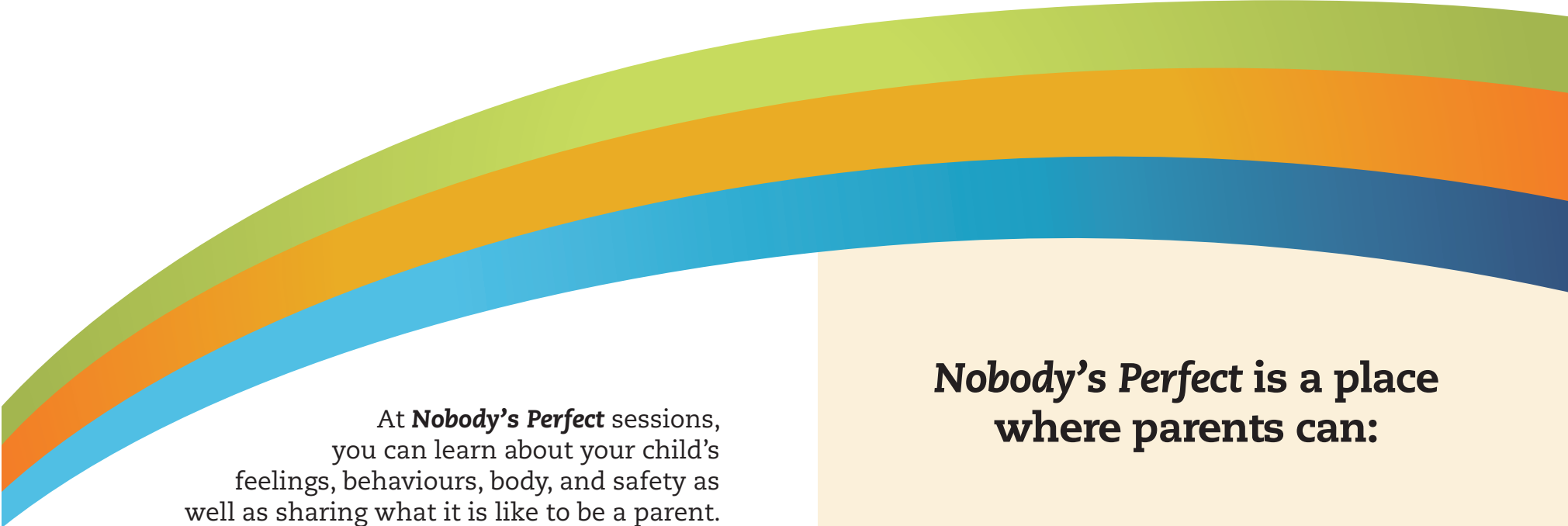
***Nobody's Perfect*** is a parenting program offered  
in communities by facilitators to help support  
parents and young children.



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada



At **Nobody's Perfect** sessions, you can learn about your child's feelings, behaviours, body, and safety as well as sharing what it is like to be a parent.

Sessions are based on what you and other parents want to learn about, not step by step from a book.



## **Nobody's Perfect is a place where parents can:**

### **MEET**

with other parents of young children (ages 0–5)

### **SHARE**

questions or concerns and ideas about being a parent

### **LEARN**

about child development, safety, health and behaviour

### **TALK**

about real-life parenting experiences

### **WORK**

together with the support of a trained facilitator

### **DISCOVER**

ways of positive parenting

The program is voluntary and free.