

# Nobody's Perfect Parenting Program: Overview

nobody's perfect



## THE Nobody's Perfect PARENTING PROGRAM

aims to improve participants' capabilities to improve and maintain the health of their children (aged 0–5 years).

It is a Canadian best practice, with clear measured impacts on positive parenting which can be readily adapted internationally to other cultures.

### Investing in a lifetime...

Investment in early child development represents the greatest chance of health inequalities reduction and best return on investments, and sets a positive life trajectory for health, pro-social behaviour and participation in society.

### The objectives are to:

- promote positive parenting;
- increase parents' understanding of children's health, safety and behaviour;
- help parents build on the skills they have and learn new ones;
- improve parents' self-esteem and coping skills;
- increase self-help and mutual support, and;
- bring parents in contact with community services and resources.

### History of the program

*Nobody's Perfect* was developed in the early 1980s by Health Canada and the Departments of Health of four Canadian provinces and is now owned by the Public Health Agency of Canada.

The program was introduced nationally in 1987 and is delivered in communities across Canada with funding from the provincial/territorial governments and non-profit organizations.

*Nobody's Perfect* program materials are published in French and English. The parent resources are available in other languages.

For more information about the *Nobody's Perfect* parenting program, please email [DCA.public.inquiries@phac-aspc.gc.ca](mailto:DCA.public.inquiries@phac-aspc.gc.ca).



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