

Nobody's Perfect Parenting Program: Overview



Who is the target audience?



Nobody's Perfect is a program for parents of children from birth through age five.

It is designed to meet the needs of parents who are: young; single; isolated (because they have no friends or family nearby or because they live in a rural area); or who have low income and/or little formal education.

These parents may have difficulty finding resources for several reasons:

- They cannot afford to participate in some programs, either because there is a fee involved or because they cannot afford the costs of transportation and child care.
- They do not have the level of education or literacy they need to find, read and apply most of the printed material that is available on parenting.
- They are isolated and may not know where to look or who to talk to for information about the confusing and challenging job of parenting.
- They are young and feel that most parenting programs do not apply to them.
- They are afraid that they will be judged or labeled as bad parents if they ask for support or help.
- They do not think most parenting programs are culturally relevant to them.

Though participants may differ in age or cultural background from one *Nobody's Perfect* program to another, all of the parents who participate in *Nobody's Perfect* have several things in common:

- They want to be there—*Nobody's Perfect* is a voluntary program where no one is required or forced to participate.
- They want what is best for their children.
- They want to be good parents.

The program is not intended for families in crisis or those with serious challenges.

The *Nobody's Perfect* program is based on what parents already know and what they do for themselves and their children. It draws on the experiences and interests of parents by having them play a role in the learning process.

The program helps parents build networks and encourages them to see each other as sources of advice and support.

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



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