



Help for Parents

Parenting is easy.... until you have children, or that is how the saying goes. Well meaning friends and family are quick to lend advice to a new parent who may be struggling in their new role. One thing to keep in mind is that this is your child, and he or she is like no other child in this world. Parenting whether you are alone or co-parenting can be a stressful and lonely position. It can also be very rewarding and fun.

Things You Can Do

Parenting tips and helpful hints on how to reduce the stress of parenting:

- Know that every child grows and develops in their own way and understanding the ages and stages will assist you in helping your child at each and every milestone
- Having the knowledge of age-appropriate behavior will help you to better prepare for what might come next, and not to expect too much from them too soon
- Prepare for the next day the evening before, to reduce stress
- Learn to say "No"
- Let your children help with the little things

Alternatives to saying no!

- Yes (with a condition)
- Give me a minute
- Convince me

Take a Parenting Course:

A parenting course can be helpful for many reasons. We tend to find out we are not alone in the concerns or struggles that we have. Having an evening to share with other parents can be beneficial to your relationship with both your child(ren) and your spouse. Every small thing you learn gives you a new tool. Learning your style of parenting and how that can click with your partners' style is just one of the ways a course can be helpful to you.

Kids don't come with an owner's manual. There is information and support to help you. Parenting can be a rewarding experience.



Where to Find Help

Our Kids Count 425 Edward St. N. Westfort Site June Steeve Lendrum Family Centre www.ourkidscount.net	623-0292 346-6863 345-0311
Children's Centre 283 Lisgar St. www.childrenscentre.ca	343-5000
Dilico Anishinabek Family Care 200 Anemki Pl. www.dilico.com	623-8511
Thunder Bay Counselling Centre 544 Winnipeg Ave. www.tbaycounselling.com	684-1880
Communities Together for Children/ Ontario Early Years Centre 425 Edward St. N. www.ctctbay.org	624-5690
Catholic Family Development Centre <i>Provides multiple parenting programs throughout the year.</i> www.catholicfamilycentre.ca	345-7323
Thunder Bay Indian Friendship Centre 401 Cumberland St. N. <i>Thunder Bay Aboriginal Family Support Program</i>	345-5840
NorWest Community Health Centres 525 Simpson St. <i>Provides multiple parenting programs throughout the year.</i> www.norwestchc.org	622-8235
Thunder Bay District Health Unit 999 Balmoral St. www.tbdu.com	625-5900
Beendigen Inc. 541 Luci Court <i>Provides multiple parenting programs throughout the year.</i> www.beendigen.com	622-5445
Anishnawbe Mushkiki 29 Royston Court <i>Provides multiple parenting programs throughout the year.</i> www.anishnawbe-mushkiki.org	343-4843

