





## WINNIPEG FOUNDATION COMMUNITY GRANT:

We were just awarded a substantial grant this year!

*(Remember on page 1 we said we were working on ways to help you!)*

Project Summary:

***The Dads engaging Dad's project will help to inform Winnipeg families on the importance of father involvement and how fathers improve children's health outcomes. This will be done through development of educational resources and running of Nobody's Perfect dad's groups, implemented by trained volunteer 'peer champions' through partner agencies and mentor NPP facilitators.***

***What does this mean for you as a facilitator?*** In the fall, more information will be sent out, but, this means we are able to help 10 Winnipeg agencies to train men and then offer a Nobody's Perfect Dads group as a co-facilitator with you. We will be able to offer programming money for implementation, parent kits for free, dad's resources and other free professional learning opportunities for you and your mentee facilitator!

***Stay tuned and don't miss out on the chance to be involved in this community development project!***



***"I learned how important it is for kids to have a routine. I also learned how important it is to spend time with my kids and then they actually behave better!" – NPP participant dad***

## NPP Manitoba's Success this year with working with dads!



By bringing awareness about the importance of fathers in the healthy development of children, and building capacity of our Nobody's Perfect (NPP) facilitators, more dads are being encouraged to attend a group! The connection of Nobody's Perfect Parenting Manitoba working with Dad Central has promoted the program across Manitoba. There has been an overall increase in fathers attending a NPP group this year. Facilitators asked for support on how to engage fathers in their programs. In response to the need, the NPP Manitoba Steering Committee supported the work of the provincial coordinator to help build skills and knowledge of the NPP facilitators and trainers. By being committed to excellence, not only does she facilitate workshops for NPP facilitators, she also presents and collaborates with other family service providers and coordinators in the province and across Canada.

The biggest highlight this year for Nobody's Perfect Manitoba was helping Dad Central host the National Fatherhood Conference in March of 2017. This was a great opportunity not only to build capacity in facilitators, but to highlight the work NPP does across the province and nation. The Winnipeg Free Press reported that front-line social service workers wrapped up a sold-out conference that focused on everything about being a dad. The Second Canadian National Fatherhood Conference brought together 185 clinicians, social services and front-line workers as well as non-profit agency staff from across Canada to Winnipeg. They wrote that the provincial co-ordinator for Nobody's Perfect and Dad Central Manitoba said Winnipeg hosted the event after agencies here noticed men showing up and asking for parenting support in growing numbers. "We're seeing more dads come to our groups" Paterson-Payne said. Capacity building skills were so popular, Paterson-Payne organized a total of six workshops for service providers last year in her day job as provincial co-ordinator of Nobody's Perfect, a parenting program sponsored as a community resource by the Public Health Agency of Canada. (Alexandra Paul, Winnipeg Free Press 03/03/2017)

IF YOU HAVEN'T ALREADY, CHECK OUT OUR  
NEW UPDATED WEBSITE!

[WWW.NOBODYSPERFECT.CA](http://WWW.NOBODYSPERFECT.CA)

**SIGN UP FOR OUR NATIONAL DIRECTORY  
INSIDE THE NEW FACILITATOR PORTAL!**

CTV Morning Live contacted us through a social media post by the St Vital Parent Child Coalition regarding a NPP parent group starting at the South Winnipeg Information Centre.

Through that contact, the coordinator and a steering committee member did a segment regarding NPP. Watch here:  
<http://winnipeg.ctvnews.ca/video?clipId=1058450>



#### Other news and reminders:

- ☺ The New 2016 [Facilitator Guides](#), [planning forms](#) and [parent certificates](#) are available now as a pdf! *Please email me to get yours to download!*
- ☺ The New [Facilitator Tip Sheets](#) developed by NPP Quebec are now posted on the [website](#).
- ☺ [The New Arabic resources](#) are available on our [website](#)
- ☺ Check out our new fillable poster for you use! [Click here](#)

Nobody's Perfect is celebrating 30 years!

We will be holding a Provincial Conference in winter of 2017-2018! *Stay tuned for more details .....*

---

# Engaging Fathers: Tips and Ideas



Try these ideas when working with families to show how easy it can be for dads to offer support to children and how much of a difference they can make.

---

- ❁ Children are often the biggest motivator — give dads the opportunity to do something with or for their children. It can help to spell out what the benefits will be for their children, such as boosting their brainpower.
- ❁ Connect with the moms — many moms act as gatekeepers for their child's development, so involve them in encouraging the dads to get on board. Separated moms may still be happy for dads to be contacted, if you just ask.
- ❁ Timing — as dads may be more likely to be at work during the day, think about when they might be available — early mornings, evenings, or weekends perhaps.
- ❁ Know your background — be persistent, creative, patient, and sensitive in the recruitment of fathers, as it can be challenging and time-consuming.
- ❁ They like to do something, not talk about it — use activities as part of the sessions: quizzes, interactive games, workshops, the internet, puzzles, and visits from celebrity authors, poets, dramatists, and storytellers — anything that mixes reading with doing something.
- ❁ Look at the whole organization's attitude — there may be mistrust on both sides of the fence and any good work you do can be undone in a moment if you do not have everybody on board or at least aware of what you are doing. Allow time for staff training and discussion of the issues.
- ❁ Plan for long-term commitment — don't get hung up on numbers: word of mouth will become a great asset.
- ❁ Speak to them directly — events labeled for 'parents' tend to attract mothers. Address letters to fathers. Try other media too: text messages, e-mails or a website. Are there other organizations that can help you reach dads — libraries, schools, sports clubs, community groups, or even a local employer?
- ❁ Consult them — ask fathers for their advice on factors such as content, design, publicity, recruitment, themes, timing, and venue.
- ❁ Use a dad-friendly hook — sports, automobiles, tools, airport tours, etc. are great places to start. Your local clubs and community connections may be able to help. Technology is also very popular.
- ❁ Not all dads are the same — their life histories, experiences, situations, and expectations will be varied so try not to lump them all under the same label. Value the diversity that is part of different families' cultures.
- ❁ It's not just books — consider what reading materials fathers will enjoy, including subjects such as sports, travel, sci-fi, as well as other non-fiction, magazines, manuals, websites, and newspapers. Find some that feature dads in a positive light.



**PARTICIPANT-CENTRED:**

Remember from our training pre-reading:

Nobody's Perfect is an evidence-based, best practice program that uses a participant-centred approach and relies on the concept of experiential learning. This approach helps parents to build confidence and self-esteem by offering opportunities to try new skills and behaviors.

**Participant-Centred Approach**

Participant-centred is an educational approach that focuses on the participant's concerns and that involves the parent in making decisions and solving problems. Participant-centred is a useful way to help participants change their own parenting behaviours. This approach engages adults in the learning process when:

- The information flows among all members of the group
- The facilitator encourages participants to make contacts and build relationships with others in the group
- The facilitator builds on the strengths of participants
- The facilitator may answer questions, but also encourages participants to answer each other's questions and share information, based on their own experience
- The facilitator provides lots of opportunities to practice new skills and demonstrate their learning and acquisition of new skills through their interactions in the group
- The facilitator and participants share control of the content



**NOBODY'S PERFECT FACILITATORS & TRAINERS PD CORNER:**

**Book: PARENTS**

**Activity Name:** Parents are Awesome!

**Objective:**

To create an awareness that, although being a parent is a tough job, *it is worth it!*

**Materials:**

Flip Chart paper, markers, stickers, coloured paper etc., glue sticks, magazines, flyers, scissors

**Description:**

Using the parent book as a guide and the materials provided, create a poster celebrating the strength, resourcefulness and creativity of parents.

2 minutes for instructions and set up

23 minutes for the activity

5 minutes debrief

**Debrief:**

Notice:

What do you see in the posters? What is similar? What is different?

Relate:

What do the posters remind you of or get you thinking about? What meaning does this have for you? Do you see yourself in someone else's poster?

Apply:

What could you do with this poster? *Parenting is worth it!*

All illustrations (by Claire Fletcher) in this newsletter and on our website are from our new parent kits! They were made possible with funding to FRP Canada from the Public Health Agency of Canada! To use some for your own posters etc, go to <http://www.frp-images.ca/>



Contact information:  
**Carmen Paterson-Payne | Provincial Coordinator**  
**Nobody's Perfect Parenting Manitoba**

Office | Cell: 204.231.3208  
 Fax: 204.233.1520  
 Email: [carmen@youville.ca](mailto:carmen@youville.ca)

Nobody's Perfect Manitoba  
 Youville Centre 33 Marion St  
 Winnipeg, Manitoba R2H 0S8

[www.nobodysperfect.ca](http://www.nobodysperfect.ca)



**HAVE A GOOD**



**Summer!**