

A photograph of two hands clasped together, one larger and one smaller, resting on a lush green lawn. The hands are positioned in the center of the frame, with the larger hand on the right and the smaller hand on the left. The grass is vibrant green and fills the background.

Annual Report 2008-2009

Nobody's Perfect Manitoba

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Highlights of 2008-2009

Parent Series:

- There was an increase of over 55% more NP groups in Manitoba from last year
- There were 65% more parents reported than last year who that participated in a session
- There were 64% more Sponsoring Agencies offering NP than last year

Facilitator and Trainer Training:

- 38 individuals from various agencies across Manitoba completed the 4-day Nobody's Perfect Facilitator Training.
- 12 participants from BC, Saskatchewan, Ontario and Nunavut completed a 3 day NP Train the Trainer session hosting by NP Manitoba. There are 7 new trainers in Manitoba.
- NP Manitoba Trainer, Sharon Brown is now a NP Master Trainer

Professional Development for Facilitators:

- 4 Brown Bag noon hours PD sessions were held in Winnipeg. Summaries of the sessions were sent to others via email.
- Provincial Regional Meetings are planned for the fall of 2009
- June 1, 2009 will be the Provincial PD day for NP Facilitators

National Evaluation of Nobody's Perfect:

- Manitoba continued to partner in the 3-year evaluation project, from 2006-2008, to assess the effectiveness of Nobody's Perfect. Provincial Coordinator attended meetings in Montreal and Ottawa this year. Recommendations were made to the Public Health Agency of Canada. The results of the evaluation will be published summer 2009.

Promotion of NP in Manitoba:

- New updated parent pamphlets were designed and printed
- Presentations of NP to new sponsoring agencies and organizations such as: Welcome Place, Red River ECE workplace students, Victor Mager Job Re-entry program, Newcomers parent group YMCA, LRSD Preschool Wellness Fair and for the Early Childhood Matters Coalition.
- NP Manitoba Coordinator continues to sit on the St. Boniface Parent/Child Coalition



"I thought it was going to be just about kids. I liked how it (NP) got parents involved and we had to talk with each other. I am more open minded now. I learned a lot of new things." –Parent

Parent Program Statistics

Program Delivery and Parent Participation:

Nobody's Perfect Facilitators reported a total of 88 parent series delivered in Manitoba during 2008-2009. There were 63 in a group setting and 25 given on an individual basis. In all, 478 parents started a session with 376 parents completing for a 79% retention rate. The following table indicates the number and type of series that were delivered in each region of Manitoba (*see page 14 for a map of the Regional Health Authorities of Manitoba).

Region* of Manitoba	# of series in a group &or 1:1	# of parents attending
Assiniboine	10	57
Brandon	3	39
Burntwood	0	0
Central	23	43
Churchill	0	0
Interlake	0	0
North Eastman	3	11
Norman	5	15
South Eastman	0	0
Parkland	6	43
Winnipeg	57	208
Total	107	478

Increase of parent sessions reported from 2007-08

Groups ↑ 55.5%

Individual (1:1) ↑ 48%

Note: Some organizations collaborate together to deliver Nobody's Perfect with co-facilitators

Region** of Winnipeg	# of series
Assiniboine South	0
Downtown	27
Fort Garry	0
Inkster	0
Point Douglas	10
River East	4
River Heights	10
St.Boniface	7
St.James-Assiniboia	2
St.Vital	1
Seven Oaks	0
Transcona	0
Total	57

Increase of parent participants reported from 2007-08

 ↑ 65%

(**See page 15 for a map of community areas of the WRHA)

Organizations that delivered Nobody's Perfect in 2008-2009:

The following agencies have reported series between April 2008 and March 2009:

Organization	Town/City	# of sessions (group & 1:1)	Region
Andrews Street Family Centre	Winnipeg	6	Point Douglas
Archwood Family Place - Louis Riel School Division	Winnipeg	1	St. Boniface
Assiniboine North Parent Child Coalition	Neepawa	1	Parkland
Assiniboine Regional Health Authority	Boissevain	1	Assiniboine
Assiniboine Regional Health Authority	Wawanesa	1	Assiniboine
Assiniboine Regional Health Authority	Minnedosa	1	Assiniboine
Assiniboine Regional Health Authority	Russell	2	Assiniboine
Assiniboine Regional Health Authority	Neepawa	2	Assiniboine
Child and Family All Nations Coordinated Response Network	Winnipeg	3	St. Boniface
Child and Family Services of Central Manitoba	Portage La Prairie	13	Central
Childcare – Family Network	Langruth	3	Central
Crisis Pregnancy Centre	Winnipeg	7	River Heights
Dauphin Friendship Centre	Dauphin	2	Parkland
Elmwood Community Resource Centre and Area Association	Winnipeg	3	River East
Elspeth Reid Family Resource Centre	Brandon	1	Brandon
Family Community Centre of Pregnancy Distress	Winnipeg	1	Downtown
Glenboro Health Unit	Glenboro	1	Assiniboine
Hamiota Health Centre	Hamiota	1	Assiniboine
Heritage Park Children's Programs	Winnipeg	1	St. James-Assiniboia
Ikwe-Widdjiitiwin Inc	Winnipeg	12	Downtown
In a Good Way Family Resource Centre	Brandon	1	Brandon
Indian and Métis Friendship Centre	Winnipeg	4	Point Douglas
Killarney Health Unit	Killarney	1	Assiniboine
Kin Place Primary Health Care Centre	Oakbank	2	North Eastman
Macdonald Healthy Child	Starbuck	2	Central
Marion Family Place - Louis Riel School Division	Winnipeg	2	St. Boniface
Métis Child and Family Community Services Agency	Winnipeg	3	Downtown
Métis Child and Family Services	The Pas	2	Norman
Neepawa Health Unit	Neepawa	2	Parkland
Northern Pregnancy Care Centre	Flin Flon	2	Norman
Parkland Crisis Centre and Women's Shelter	Dauphin	3	Parkland
Sagkeeng Get Set Headstart Program	Fort Alexander	1	North Eastman
Shilo Military Family Resource Program	Shilo	1	Brandon
Southeast Resource Centre	Winnipeg	1	Downtown
St. George Family Centre - Louis Riel School Division	Winnipeg	1	St. Vital
St. James - Assiniboia School Division	Winnipeg	1	St. James-Assiniboia

Taking Charge! Taking Care!	Winnipeg	5	Downtown
Teenage Parents Program- Nelson McIntyre Collegiate Louis Riel School Division	Winnipeg	1	St. Boniface
The Pas Family Resource Centre	The Pas	1	Norman
Tupper Street Family Resource Centre	Portage La Prairie	6	Central
Villa Rosa	Winnipeg	2	River Heights
Winnipeg Regional Health Authority – ACCESS Centre River East	Winnipeg	1	River East
Winnipeg Remand Centre - Manitoba Justice	Winnipeg	4	Downtown
Wolseley Family Place	Winnipeg	1	River Heights
Yellow Quill College	Brandon	1	Brandon

Participant Profile:

Participant information is gathered from facilitators as well as from participants. Facilitators complete a Program Monitoring form after each series. Parents participating in Nobody's Perfect are asked to complete a Participant Information form. This form is voluntary and anonymous. The following information reflects the data gathered from the forms received.



Gender

Female participants 400 Male participants 65

Age

>19 % of parents who participated in Nobody's Perfect were 21 years of age or less

>1% of participants reported that they were Grandparents, parenting young children again

Single Parents

>55 % of parents who participated in Nobody's Perfect are raising their child/children on their own

Employment

>72 % of participants were not gainfully employed

(This category includes: stay-at-home parents by choice, students and unemployed parents seeking employment.)

Income

>69 % of participants reported an annual family income of \$20,000 or less

Income Assistance

>68 % of participants reported receiving Income Assistance

Education

>54 % of participants had not obtained their high school diploma

Isolation*

>34 % of parents, according to facilitators, who participated in Nobody's Perfect, was experiencing isolation.

Ethnic Background

>74 % self identified as Aboriginal, Métis, or other visible ethnic background

***Note:** This percentage is believed to be underestimated since it only captures social, cultural and geographic isolation. Situational isolation (see below) is captured through other statistics.

- Isolation refers to a situation in which a parent has demonstrated social, geographic, cultural and/or situational circumstances that restrict or prevent access to other sources of support and information.
- Social isolation refers to having few social supports, i.e. a limited network of family/friends. Geographic isolation refers to being apart from others in a community due to cultural/ethnic differences.
- Situational isolation refers to any other circumstance that limits access to support and/or information, such as single parenthood, young age, low educational attainment, low reading skills, and low income relative to the community.

Feedback from Parents

After completing Nobody's Perfect, parents are asked to provide some feedback about their experience. The following are some excerpts taken from the Parent Evaluation Form:

What do you see, do, or think about differently now, after coming to Nobody's Perfect?

- *I have to be a lot more consistent with my children and make sure I follow through with the consequences*
- *Being more positive in front of my child*
- *How if I'm sad, give time by myself to "cry", tell my child I need a couple of minutes*
- *I understand what I was going through was normal*
- *That I need to know and evaluate my own feelings which may change my reaction to certain situations*

What new things did you learn?

- *How to handle a difficult situation*
- *It's OK for a child to talk about their feelings*
- *About the Medicine Wheel. It talks about life and all the differences*
- *How to play with my child*
- *Canadian ways of parenting*

What would you tell a friend about Nobody's Perfect?

- *The program is interesting and the activities are fun*
- *I enjoyed talking with other parents and meeting new moms*
- *I learned information and got understanding from the community*
- *It was a lot of sharing experiences and group discussions and activities*



Facilitator Training and Professional Development

Two 4-day Facilitator training sessions took place in Manitoba, which added 38 new facilitators to the province.

Date	Location	# of participants
May 4,5,6,7 2008	Winnipeg	18
October 3,4,5,6 2008	Winnipeg	20

NP Manitoba hosted a National Train the Trainer in October 2008. Participants came from BC, Saskatchewan, Nunavut. The Master trainer came from Ontario.

Professional Development:

Four *brown bag* noon hour professional development series were held for facilitators in Winnipeg.

Guest Speaker Heather Leeman from the Tupper Street Family Centre in Portage La Prairie facilitated the first of the series. She shared with us how she adapted NP for parents who were in the Female Corrections Facility.

The next two meetings were hosted by the Provincial Coordinator. The topics were: Teenage Parents and How to Recruit Parents. The fourth meeting was co-hosted by the Triple P – Positive Parenting Winnipeg Coordinator Laureen Fulham and NP Manitoba Coordinator. The session was an informal brainstorming session on how to use Triple P and NP together. Suggestions from that session will be used as a resource for a full length session at the PD session in June 2009.

All of these sessions were summarized and sent via e-mail to active facilitators in the Province. The summaries will be presented at the Regional Meetings in the fall of 2009

“Remember, to know your own values and judgements before you start with your group”.
– Heather Leeman Facilitator

Example of Ideas from the sessions:

- Child care – if you have the funds, give parents money at the sessions to pay for their babysitter at home. This elevates child minder problems, child care space problems, and snack issue. It actually may cost you less this way and the parents truly have a “break”. (Recruiting)
- Have condoms in your “self care” gifts or door prizes. (Teen Parents)
- Friendly competition is really popular. Prepare an activity where teams are involved i.e.) Jeopardy (everyone wins in the end) (Teen Parents)
- A facilitator trained in both program described that NP and TP have the same basic messages. The delivery is different. In her groups: The Behaviour Book was expanded using some of the TP core principles that she felt comfortable using. The Parents Book was also expanded with TP taking care of you. Groups may take longer, but is that a bad thing? (Triple P and NP)
- Hands on activity related to topic each time!!! i.e.) Something that promotes learning in a different way, Visual triggers, Allows for informal discussion, Something they can do with their kids, Taps into their inner child, Reminder of how to play & be creative (Adapting your NP group)

Facilitator Awards:

Five agencies and their facilitators have merited an award for exemplary service in Nobody's Perfect for 2008-2009.

Highest total # of parent groups reported that were held in one year

- 1st **Darlene Hunter & Peggy Jubinville**
Ikwe-Widdjiitiwin Inc
Winnipeg
- *Each* held 5 groups in their organization
- 2nd **Shirley Cyr**
Indian and Métis Friendship Centre
Winnipeg
- Held 4 parent series groups with the highest number of parents participating

Highest Average of # of hours reported in a parent series

- Elsie Moar**
Métis Child and Family
The Pas
- Facilitated 24 hours in one completed session

Co-Facilitators who delivered a group soon after training

- Leslie Hawkins
Tammy Minuk**
Winnipeg Remand Centre
- Held their first session only 2 weeks after training

Highest total # hours reported of Nobody's Perfect in a 1:1 session

- Lois Hunt**
Child and Family Services of Central
Manitoba
Portage La Prairie
- Facilitated 13 1:1 parent sessions with a total of 104 hours spent with parents

Nobody's Perfect Steering Committee

Six Steering Committee Meetings were held in 2008-2009. The volunteer members were:

Liz Carlson	Taking Charge! Taking Care!
Millie Braun	The Family Centre
Kirby Fults	Public Health Agency of Canada
Amanda Blake	YMCA-YWCA of Winnipeg South
Traci Wright	Heritage Park Children's Programs
Janique Ousett	Addictions Foundation of Manitoba
Tanya Fortune	Healthy Baby, Youville Centre

Resources

New Parent Pamphlets:

A new parent pamphlet for Manitoba was designed and printed based on the new pamphlets from the BC Council for Families. These new pamphlets reflect a fresher look with fewer words for the targeted population. A translated version into French of the new one, will be done in the fall of 2009. These pamphlets were sent to all active facilitators and trainers in the province. They may request more for their organizations by contacting the provincial office. (Business type card template of the NP pamphlet was also developed and available)

NOBODY'S PERFECT PARENTING....

It's FREE! It's FUN!

Child care and snacks provided!

MEET other parents of young children

DISCOVER positive ways of parenting

SHARE questions, concerns and ideas about being a parent

LEARN about child development, safety, health and behaviour

DISCUSS real-life parenting situations

WORK together with the support of a trained facilitator

Website:

Manitoba is the only province with its own Nobody's Perfect website. Items that are regularly updated include a current list of upcoming Nobody's Perfect groups taking place across the province, the list of agencies with trained facilitators, program forms, program resources, and of course training dates and PD sessions.

Newsletter:

Two newsletters were sent out to active Facilitators in the province. Each is posted on the website. The newsletters contain resources for parent groups, updates on the evaluation project and other information regarding the program in Manitoba.

Distribution of Resources:

Regional Health Authorities of Manitoba (RHAM) is responsible for storage and distribution of resources. RHAM has contracted Materials Distribution Agency (MDA) to implement this task. Resources are only available to active facilitators and they are provided free of charge. MDA sends monthly reports to the coordinator who monitors the supply of resources in stock and places new orders as needed.

Email Group List:

Facilitators are asked to forward their email address to the Provincial Office in order to create a group listing. Information is shared by the Coordinator to this group. This information includes notice of upcoming Professional Development opportunities, summaries of the Brown Bag PD sessions, announcements from Healthy Child Manitoba, resource information etc.

Nobody's Perfect Manitoba and NP National

Provincial Office:

Youville Centre continues to support a service agreement with Healthy Child Manitoba to provide *Nobody's Perfect Parenting* Provincial Coordination. The Coordinator sits on the Family Health Team at Youville St. Vital. The Coordinator's office is currently at the WRHA building at 210 Osborne St N in Winnipeg. Plans to move the office to the newly renovated space at Youville Clinic on Marion Street are underway.

National Meetings:

Regular National telephone conference meetings between the national office and provincial/territorial coordinators took place throughout the year. A National Coordinator meeting was held in Ottawa in January.

Needs Assessment of Nobody's Perfect Parent

Booklets and the National Evaluation:

A meeting of all Provincial Coordinators and representatives from the Public Health Agency of Canada and the NP Evaluation Steering Committee was held in Ottawa in January to discuss the final report and to make recommendations to PHAC on the program.

At the meetings participants reviewed the *Needs Assessment* by Joan Durrant and previewed the draft of the *Evaluation Project Report* by Berna Skrypnek. From those reports, recommendations were made to the PHAC on revisions of the booklets and the sustainability of NP in the provinces.

Skrypnek reminded them that when NP was developed, it was celebrated for being forward thinking and innovative. Well over 250,000 parents have participated in NP across Canada since then.

NP is strength based and learner-centered, the foundations of all adult based learning. Parents play an active role in their learning process. What makes NP unique, but hard to evaluate, and often criticized or dismissed by Professionals, is that it is a community program. NP has no set curriculum and is therefore a hard sell to those accustomed to curriculum based programs. While those curriculum based programs may appear to demonstrate effectiveness statistically, they cannot be compared with NP, especially for those parents who may be intimidated by pre and post surveys, or text heavy curriculum material.

NP has stood the test of time. The Peterborough Study and now the Skrypnek Report, show that NP *is* effective with the parents that it is intended for! Once the new report has been published the public will be able to see NP **can** demonstrate statistically, what parents and facilitators have known for a long time— *its effectiveness!* We are encouraged and hopeful the results of the report will help with funding decisions all across Canada.

Also discussed was the need for a "new improved" look of the NP materials. Great new parent pamphlets and other materials are being developed individually by each province. A national effort may be more effective. The BC Council for Families previewed their new DVD on families. It is a great resource for new facilitators.

The outdated information in the Safety Book along with the Body Book was a huge topic of discussion. Until revisions can be made, facilitators will be directed to make sure parents the correct information. A formal directive from PHAC will follow.

Funding for Nobody's Perfect Manitoba:

Main funding for 2008-2009 was provided by Healthy Child Manitoba. A percentage of funds were received through a small facilitator training fee. There is no cost for parents to participate in Nobody's Perfect.

Appendix A

Program Description: Nobody's Perfect

Nobody's Perfect is a bilingual education and support program for parents of children from birth to age five. Its Mission Statement is as follows:

Nobody's Perfect is a community-based program designed to support the development of healthy children by increasing the confidence, skills, knowledge and support of and for parents. It is part of a health promotion approach aimed at supporting the diverse needs of parents and young children, particularly those with limited access to resources.

Nobody's Perfect was designed to meet the needs of low-income, single, young, socially, culturally or geographically isolated parents, or parents with limited formal education. The Nobody's Perfect Program aims to give these parents access to accurate, up-to-date information on their children's health, safety, development and behaviour and to increase their confidence in their own ability to be a good parent.

The overall goal of Nobody's Perfect is to improve parents' capabilities to maintain and promote the health of their 0-5 year old children using a primary prevention approach based on the premise that, by the time children are five years of age, they have learned most of the health values, attitudes and behaviour they will carry throughout life.

The Nobody's Perfect Program delivery is flexible. The program is based on principles of adult education and the specific content of each session depends on the needs and interests of the participating parents. A complete program usually takes five or six weeks, but can be longer. Nobody's Perfect can be implemented in parent groups, on a one-to-one basis, or both. Trained facilitators offer the program. To become a facilitator, one must complete 4-day training.

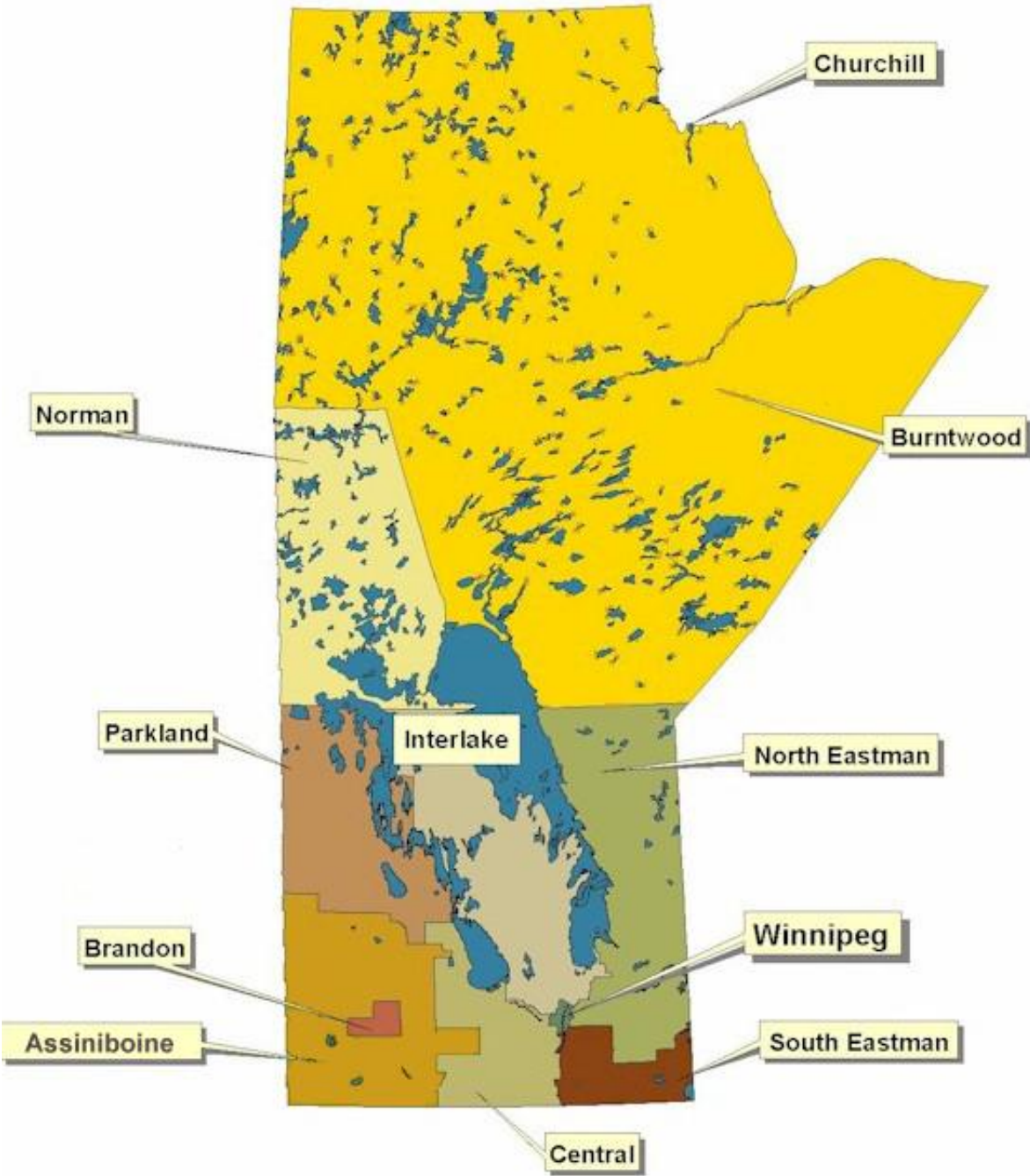
The foundation of all aspects of the Nobody's Perfect Program is its learner-centred approach. It is based on respect for the parents' love of their children, for their desire to be good parents and for their strength in facing life's challenges.

Nobody's Perfect was developed jointly in the early 1980s by the Atlantic Office of the Health Promotion Directorate of Health and Welfare Canada and the Departments of Health of New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Labrador. It is currently offered all across Canada. In Manitoba, this program has operated since 1988.

Provincial coordination of Nobody's Perfect is the responsibility of a part-time coordinator with support and guidance from a Steering Committee. Youville Clinic Inc. administers the provincial office. The Winnipeg Development Agreement provided funding for provincial coordination from 1998-2001. Healthy Child Manitoba has become the major funder for provincial coordination as of 2001.

Appendix B

Map of Manitoba Regional Health Authorities



Appendix C

Map of the
Winnipeg Regional
Health Authority
Community Areas (n=12)



Provincial Office for *Nobody's Perfect Manitoba*

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