

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 2009-2010

Nobody's Perfect Parenting Manitoba

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Highlights of 2009-2010

Parent Series:

- There was an increase of over 10% more parent participants of Nobody's Perfect Parenting in Manitoba from the previous year

Facilitator and Trainer Training:

- 48 individuals from various agencies across Manitoba completed the 4-day Nobody's Perfect Facilitator Training.
- 10 facilitators were trained in Nunavut by 2 Manitoba Trainers in a Manitoba-Nunavut Coordinated project

Professional Development for Facilitators:

- Brown Bag lunch hour Professional Development session was held in Winnipeg.
- A full day Provincial Professional Day for NP Facilitators was held in June. 40 participated.
- A shortened version of the PD day was presented to facilitators in Brandon in October.
- 2 Coordinated projects with FRP Canada (Family Resource Programs) were held in the fall.

NP National Office and the National Evaluation of Nobody's Perfect:

- The results of the national evaluation project were presented at the FRP Canada National Conference (Family Resource Programs of Canada) in Niagara Falls, in May 2009.
- The Safety Book was pulled from the existing parent kit until revisions are completed

Promotion of NP in Manitoba:

- New updated posters were designed to match the new pamphlets
- Presentations of Nobodys' Perfect Parenting were made to organizations such as: APIN (Adolescent Parent Interagency Network) Western Canadian Conference, Red River ECE workplace students, Victor Mager Job Re-entry program and the LRSD Preschool Wellness Fair.
- NP Manitoba Coordinator continued to sit on the St. Boniface Parent/Child Coalition and the Family Health team with Youville Centre.



"I like having a couple of hours to just sit, have a warm cup of coffee, an uninterrupted snack, and, talking about my favorite thing; being a parent! It also opened my eyes to different kinds of people I wouldn't normally meet. Even though we come from different backgrounds, we all want the same things for our kids!"
-Parent-

"It's the best class ever, the best people ever, and, coming here we became a family too ☺"
-Parent-

Parent Program Statistics

Program Delivery and Parent Participation:

Nobody's Perfect Facilitators reported a total of 73 parent series delivered in Manitoba during 2009-2010. There were 60 in a group setting and 13 given on an individual basis. In all, 568 parents started a session with 478 parents completing for an 84% retention rate. The following table indicates the number and type of series that were delivered in each region of Manitoba (*see page 12 for a map of the Regional Health Authorities of Manitoba). *Note:* some data may be missing due to a fax number change. The Provincial Office was moved during the summer of 2009.

Regions* of Manitoba	# of series in a group &/or 1:1	# of parent participants
Assiniboine	1	10
Brandon	1	9
Burntwood	0	0
Central	4	30
Churchill	0	0
Interlake	1	9
North Eastman	2	13
Norman	4	54
South Eastman	0	0
Parkland	9	35
Winnipeg	51	408
Total	73	568

> **Increase of parent participants reported from 2008-09:**

↑ 10%

> **Average length of group sessions were 7 weeks with an average of 2 hours in length each.**

> **Each parent participated in approx. 14 hours of group facilitation.**

Note: Some organizations collaborate together to deliver Nobody's Perfect with co-facilitators and some organizations serve parents from other areas as well. #'s are only reported once.

Regions** of Winnipeg	# of series
Assiniboine South	0
Downtown	37
Fort Garry	0
Inkster	0
Point Douglas	7
River East	1
River Heights	0
St. Boniface	5
St. James-Assiniboia	1
St. Vital	0
Seven Oaks	0
Transcona	0
Total	51

"(NPP)... is the best parenting program I have taken so far. I am now a calmer mother. I learned different and effective ways to handle my children with positive results. Everything was useful."
-Parent-

(**See page 12 for a map of community areas of the WRHA)

Organizations that delivered Nobody's Perfect in 2009 -2010:

The following agencies have reported series between April 2009 and March 2010:

ORGANIZATION	TOWN/CITY
Indian & Métis Friendship Centre of Winnipeg Inc.	Winnipeg
Andrews Street Family Centre Inc.	Winnipeg
Pregnancy & Family Support Services Inc.	Winnipeg
Dauphin Friendship Centre	Dauphin
Sagkeeng Wellness Centre	Pine Falls
Tupper St. Family Resource Centre	Portage la Prairie
Childcare - Family Access Network(C-FAN) Inc.	Langruth
Southeast Resource Development Council Corp.	Winnipeg
Archwood Family Resource Centre	Winnipeg
Crisis Pregnancy Centre	Winnipeg
Ikwe-Widdjiitiwin Inc.	Winnipeg
Taking Charge! Taking Care!	Winnipeg
All Nations Coordinated Response Network	Winnipeg
Villa Rosa Inc.	Winnipeg
Assiniboine Regional Health Authority	Virden
Parkland Crisis Centre & Women's Shelter Inc.	Dauphin
Crisis Pregnancy Centre	Winnipeg
Heritage Park Children's Programs Inc.	Winnipeg
Elsbeth Reid Family Resource Centre	Brandon
Lake Manitoba Health Centre	Vogar
Winnipeg School Division #1	Winnipeg
Northern Pregnancy Care Centre	Flin Flon
Child & Family Services	The Pas
Wolseley Family Place	Winnipeg
Mosaic	Winnipeg
ACCESS River East WRHA	Winnipeg
Child & Family Services	The Pas
Marion School Family Place	Winnipeg
Métis Child & Family Community Services Agency	Winnipeg

"I really don't want to yell at my kids. I know that I can change, but it will take practice. (I would tell a friend)...that it's a really great program. I learned that I'm not perfect and my kids are normal."

-Parent-

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	502 (88.3%)	Male participants	66 (11.6%)
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Age

- > 10% of parents who participated in Nobody's Perfect were under the age of 21 years. The average age was 27 years.
- >1% of participants reported that they were Grandparents, parenting young children again.
- > *The average number of children per family was 1.76*

Single Parents

- > 63% of parents who participated in Nobody's Perfect are raising their child/children on their own

Employment

- > 85% of participants were not gainfully employed
(This category includes: stay-at-home parents by choice, students, unemployed seeking employment and parents on maternity leave.)

Income

- > 84% of participants reported an annual family income of \$20,000 or less
- > 80% of participants reported receiving Income Assistance

Education

- > 72% of participants had not obtained their high school diploma

Isolation*

- > 45% of parents, according to facilitators, who participated in Nobody's Perfect, was experiencing isolation.

Ethnic Background

- > 84% 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.

Facilitator Training and Professional Development

Training:

Three 4-day Facilitator training sessions took place in Manitoba, which added 48 new facilitators to the province. Training was also offered in Nunavut by Manitoba Trainers.

Dates	Location	#'s
April 20-23 /09	Winnipeg	11
Sept 28-Oct 1 /09	Winnipeg	20
January 25-28 /10	Winnipeg	17



"Thank you, I learned a lot more than just the Nobody's Perfect Info! I learned about myself as well."

"You have given me the tools and practice gave me the confidence. I am confident the parents will love me."

-Facilitators-

New Manitoba Trainers have the opportunity to practice their new skills;

- > In April 2009, Carmen Paterson-Payne Co-Trained with mentor Master Trainer Sharon Brown.
- > In September 2009, Sukhy Mann Co-Trained with mentor Trainer Cathy Byard.
- > In February 2010, Marilyn Jackson and Theresa Wride Co-Trained under the guidance of mentor Sharon Brown. Marilyn and Theresa travelled to Nunavut from Flin Flon to train 10 people as Facilitators in a Manitoba-Nunavut Coordinated project. They were embraced by the communities! The Government of Nunavut funded the pilot project. A follow up report was written by the Nunavut Coordinator and continued support is offered by Manitoba by emails and teleconferences and resource purchases. The Nunavut Coordinator now participates with Nobody's Perfect Coordinators National meetings.
- > In fall of 2010 Bev Alder will Co-train with mentor Sharon Brown in our Dauphin Training.

Professional Development:

In 2009 – 2010 NP Manitoba Provincial Office offered the following Professional Development opportunities for facilitators and sponsoring organization staff:

November 2009 > FASD – Information you need to know for your families facilitated by Tannis Toothill from the FASD youth justice program – Government of Manitoba
- 9 people attended, all from different organizations

June 2010 > > PD day for NP Facilitators was held in Winnipeg. 40 people attended. Edition #2 of the Activities Booklet was shared. *Workshop topics included:*

Safety - update from National Office
First Aid and Safety in the home
MPI Car Seat information

Group Facilitation “How to deal with the talker in your group and how to engage others”

Behaviour - Introduction
“Triple P and NP - Can they work together?”
Other adaptations of NP programming

Parents - Introduction
Same Sex Couples
Personal Safety
AFM - “Tips on Prevention for Parents: Alcohol, Other Drugs and Gambling”.

October 2010
Brandon > Shortened version of full day PD day was delivered to NP facilitators in

October 2010 > 2 full day workshops were co-coordinated by NP Manitoba and FRP Canada (Family Resource Programs of Canada) for the Welcome Here Project. This event was “sold out” and another day was offered. Over 50 participants from the province attended. Participants were involved in providing information on working with New Comer Families. Resources were given and information gathered was sent out to all.

Messages from NP Facilitators regarding PD:

“The day went too fast! All of the facilitators were great!”

“I appreciated getting another resource booklet! Thank you!”

“I loved the bags and the magnets....great stuff and easy to use. Thank you”.

“I learned so much and feel supported.”



Facilitator Awards for 2009 - 2010:

Eight agencies and their facilitators have merited an award for exemplary service in Nobody's Perfect for 2009-2010.

Most 1:1 sessions reported (3)	
<i>Crisis Pregnancy Centre</i>	Terrie Redekopp
1st place Most Group sessions reported (12)	
<i>Ikwe-Widdjitiwin Inc</i>	Peggy Jubinville Darlene Hunter
2nd place Most Group sessions reported (5)	
<i>Indian & Métis Friendship Centre of Winnipeg</i>	Shirley Cyr
Most Group sessions reported (Rural) (3)	
<i>Métis Child and Family Services (The Pas)</i>	Elise Moar
Honorable Mention for delivering a partnered NP session for Newcomer families so soon after training	
<i>IRCOM, Mosaic and the Family Centre of Winnipeg</i>	Jean Tinling Yan Jiang Edie Martinez Lea Neufeld
Most Participants (total) from an organization (50)	
<i>Andrews Street Family Centre</i>	Ron Knol David Kipling

Nobody's Perfect Steering Committee

Six Steering Committee Meetings were held in 2009-2010. The volunteer members were:

Liz Carlson	Taking Charge! Taking Care!
Colette Hogue	Public Health Agency of Canada
Susan Cameron	Pluri-elles
Traci Wright	Heritage Park Children's Programs
Janique Ousett	Addictions Foundation of Manitoba
Georgette Martin-Couture	St. James – Assiniboia School Division
Jean Tinling	Mosaic and IRCOM
Karen Naumiuk	Winnipeg School Division #1

Nobody's Perfect Resources

New parent posters, safety magnets and parent bags for parent kits:

Based on the new parent pamphlets a series of updated Manitoba posters were developed for agencies offering Nobody's Perfect sessions. Safety magnets and bags for the parent kits were designed and purchased for NP facilitators to use in their parent groups.

Website:

Manitoba is the only province with its own Nobody's Perfect website. This website is currently being updated to reflect the "new look" and will be more interactive for parents and facilitators.

Newsletter and email resources:

One newsletter was sent out to active Facilitators in the province this year. The newsletter contained resources for parent groups, updates on the evaluation project and other information regarding the program in Manitoba. Facilitators continually receive information via email from the coordinator. This information includes notice of upcoming Professional Development opportunities, summaries of the Brown Bag PD sessions, announcements from Healthy Child Manitoba, resource information etc.

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.

Funding for Nobody's Perfect Manitoba:

Main funding for 2009-2010 was provided by Healthy Child Manitoba. A percentage of other funds were received through a small facilitator training fee. There is no cost for parents to participate in Nobody's Perfect.

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 located at the new renovated Youville Centre on 33 Marion Street.

National Meetings:

Regular National telephone conference meetings between the national office and provincial/territorial coordinators took place throughout the year. National Coordinator meetings for the revisions steering committee were held in Toronto, in February and March.

Nobody's Perfect Parent Booklets Revisions and the National Evaluation:

In 2009-2010 the Safety book was pulled from the parent kit by the Public Health Agency of Canada. This decision was made based on recommendations from the National Evaluation Project and the Needs Assessment.

Under the guidance of Steering Committee members, a group of experts were contracted to revise the NP Parent Kits. Safekids Canada worked on the Safety Book and the Centre of Excellence worked on the others. Drafts were written then revised at two face to face meetings in Toronto. The final drafts are currently being revised to reflect lower reading levels. The Feelings Book, which was a supplement to the original parent kit, has been incorporated into the other books. The new kit will remain at 5 Books when completed. Another face to face meeting will be held in the fall of 2010 to review the final edits and the new illustrations. The Safety book will be the first to go to print in order for parents to have access to the new book while the others are being re-printed.



In May 2009 the National Evaluation Project results of Nobody's Perfect was presented at the FRP Canada National Conference. An executive summary was written and is included at the end of this report.

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.

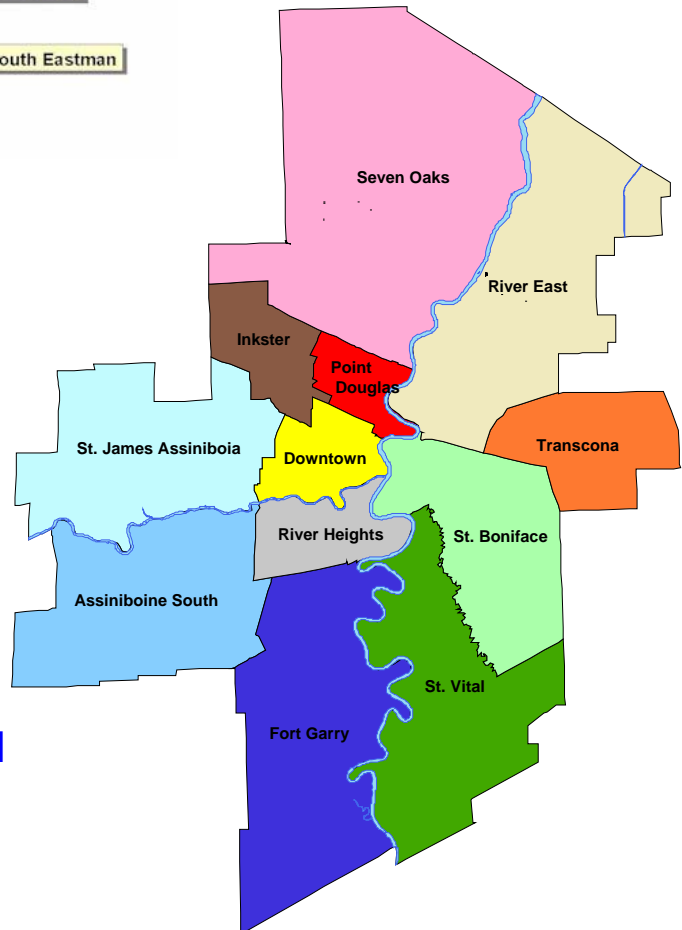
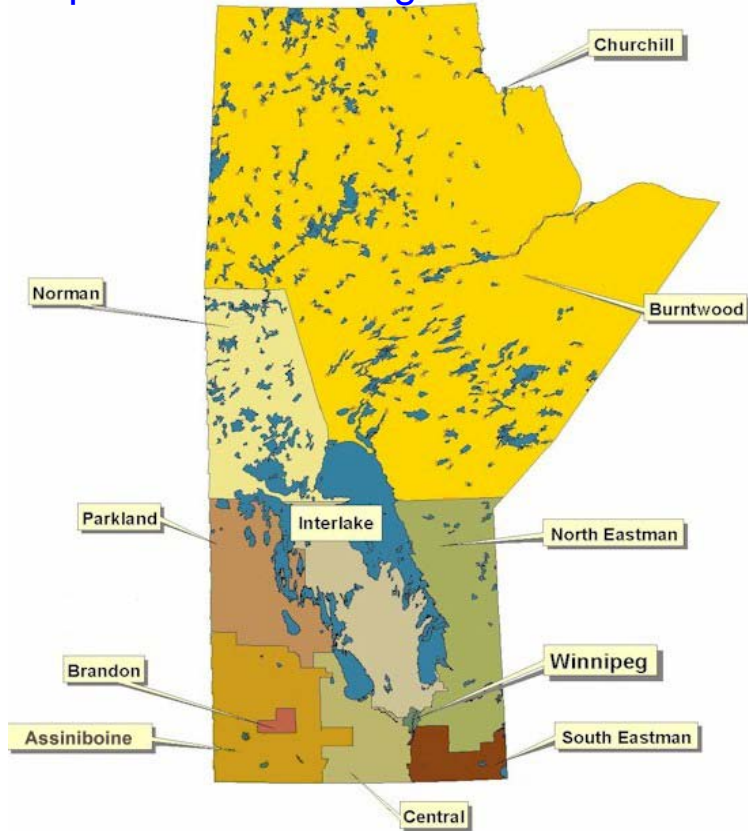
The foundation of all aspects of the Nobody's Perfect Program is its learner-centred approach. It is based on respect for the parents' love of their children, for their desire to be good parents and for their strength in facing life's challenges.

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*

Youville Centre
33 Marion Street
Winnipeg, Manitoba R2H 0S8
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