

**Nobody's Perfect** facilitators are prepared to change session plans to suit the needs and interests of the participants. The aim is to create a safe, friendly and non-judgmental atmosphere.

Learning activities provide parents with the opportunity to discuss and explore their roles as parents, understand their child's behaviour and needs, build upon their current skills and increase their confidence. The activities also encourage self-help and mutual support.

## How do I become a facilitator?

You do not need to be an expert in parenting to facilitate a **Nobody's Perfect** program.

**Nobody's Perfect** uses a 'train-the-trainer' approach to training facilitators. The training program is offered through the **Nobody's Perfect** provincial/territorial coordinators. The training, which typically lasts four days, would support you to become a facilitator of group learning rather than being an expert in parenting.

**To learn more about facilitator training in your area, contact your provincial/territorial coordinator. Their contact information can be found by searching "Nobody's Perfect Coordinator" on [Canada.ca](http://Canada.ca).**



Public Health  
Agency of Canada

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Canada



# Nobody's Perfect

**Nobody's Perfect** is a facilitated, community-based parenting program for parents of children from birth to age five. The program is designed to meet the needs of parents who are young, single, socially or geographically isolated, or who have low income or limited formal education.

*Nobody's Perfect is coordinated by the Public Health Agency of Canada and delivered across Canada through provincial and territorial organizations.*

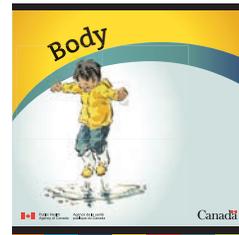
**FOR MORE INFORMATION about Nobody's Perfect, or to download this document, please search "Nobody's Perfect" on [Canada.ca](http://Canada.ca).**

## Within a group setting, parents participate in facilitated sessions that:

- promote positive parenting
- increase parents' understanding of children's health, safety, and behaviour
- help parents build on the skills they have and learn new ones
- improve parents' self-esteem and coping skills
- increase self-help and mutual support
- bring them in contact with community services and resources
- help prevent family violence



The *Nobody's Perfect* program is supported with a series of five parent books called **SAFETY, BODY, BEHAVIOUR, PARENTS, and MIND**, as well as growth and development charts.



However, there is no set curriculum. Parents are encouraged to choose the topics of discussion.

## How is *Nobody's Perfect* demonstrating success?

Several studies have shown that participants in the *Nobody's Perfect* parenting program experience increased:

- confidence in their parenting skills
- ability to cope with stress
- ability to problem solve
- resiliency
- self-sufficiency and independence
- frequency of positive parent-child interactions
- use of positive discipline techniques
- access to peer/social/community support

Trained facilitators offer the *Nobody's Perfect* program using a participant-centered, strengths-based approach, in line with the concepts of adult learning. This approach includes:

- involving parents in deciding what they want to learn
- creating a friendly, safe and non-judgmental atmosphere
- encouraging discussion
- creating learning activities which enable parents to understand their situation and solve some of their own problems
- being prepared to change the session plan to suit the needs and interests of parents
- encouraging self-help and mutual support

