

Summer 2022

A summer newsletter for Manitoba's *Nobody's Perfect*
Facilitators and Trainers

NPP NEWS

Provincial Coordinator's Message:

2022 has brought new hope and light after a long pandemic and cold winter. Nobody's Perfect Parenting is celebrating 35 years of being a program and has helped 1000's and 1000's of families not only in Canada, but abroad as well. This March I was honored to host the first ever National NPP conference. It was a huge success and I know many of you attended. Day 1 we celebrated the history and reviewed the program fundamentals. Day 2 we learned of ways to adapt the program and discussed how to move ahead. We created a conference padlet. View program, bios, videos and other resources [here](#). What we know is that after 35 years, the program continues to meet the needs of parents! [See here](#) for comments from facilitators all across Canada. To celebrate, NPP Manitoba is hosting a contest! [See page 4](#).

But why does the program still work? Because Nobody's Perfect aims to improve participants' capabilities to improve and maintain the health of their children (aged 0–5 years). It is a Canadian best practice, with clear measured impacts on positive parenting which can be readily adapted internationally to other cultures. It is "participant-centred". It is based on the understanding that adults learn best when: their background and life experiences are valued and respected; they have a voice in deciding what they will learn and the program is based on what they want and need to learn; they are part of a supportive group; and the program allows them to build confidence and self-esteem by offering opportunities to try new skills and behaviors. NPP is based on "experiential learning". This means that facilitators do not tell parents what they should do or how they should do it. It is designed to be flexible and can be tailored to meet the needs of both parents and organizations that offer the program. While there are program materials for parents, there is no set curriculum. The content of each session is based on the needs of the group. It is not about changing values. It is about acknowledging the values—and the diversity of values—in any group. The focus is on examining the impact values have on the choices parents make every day. (Adapted from Public Health Agency of Canada—Nobody's Perfect Fact Sheets)

That's why! It works because of you! As a facilitator, you have the tools for facilitating strength-based learning and conduct your groups in a non-judgmental and inclusive community program way. NPP is diverse and honors all. *Thank you!*

I hope you all have a nice summer! Stay tuned for some new supports from me in the fall! I am excited to be developing some virtual learning opportunities for you and I will continue with the NPP monthly Chats. I hope you enjoy the resources I have shared here.

-Carmen-

Inside:

- * [Facilitator Corner](#)
- * [Workshops and training information](#)
- * [Reminders and picture contest](#)

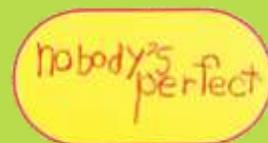
Summer Dates to know:

Provincial office closed:

July 6-11 & July 14-19 & August 10-28

(order your books now for your fall group)

NPP Refresher: September 1 [\(more info\)](#)

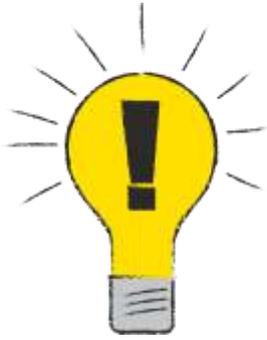
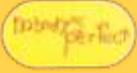


Nobody's Perfect Parenting Manitoba

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Print out this page and put it in your facilitator guide!

Parents: Ways to save or stretch your money activity

The parents will have an opportunity to: Meal plan on a budget, discuss ways to stretch money and learn new free to low cost family activities. Have them think outside the box and work together on a task to share ideas.

- In 4 small groups give each group one of the four scenarios to discuss: (you may want to remind them of the parent book, add grocery flyers or other apps as a resource)
- Give them ~15 minutes

Group 1: Plan a birthday party for 6 children. You have a budget of \$25.

Group 2: You start a new job and need a new outfit and lunch to bring for your first day. \$15

Group 3: You are hosting a holiday meal for 12 family members. You have a budget of \$40.

Group 4: You are planning a fun long weekend for the family (4 family members) on a budget \$45 .

What are you going to do?

Back in large group and each shares the plan they come up with

Debrief:

Notice: What did you notice about the others plans? How was it working with others to come up with a plan?

Relate/Consider: What ideas did you like? Can you think of anything to add or any other cost saving Ideas?

Apply: What's one thing you took away from these discussions or one thing you are going to try?

Resources for you!

WATCH: [Why I love Nobody's Perfect](#) video from our NPP Conference in March

DOWNLOAD: [Flower Power Activity](#)

DOWNLOAD: [Sacred Tree Evaluation Activity](#)

DOWNLOAD: [Stress Volcano Activity](#)

DOWNLOAD: [Missed any NPP Chats? See here](#)

WATCH: [Looking Within.. A celebration of 35 years of Nobody's Perfect Parenting in Canada](#) video from our NPP Conference



DISCOVER: [My Curious Brain Resource Room](#) (some of you received this book at our last NPP face to face conference day in March 2020 from the Saskatchewan Prevention Institute)



Download all of these resources and put it them your facilitator guide!

REVIEW AND DOWNLOAD: Trauma and Violence-Informed Approaches [Infographics](#) by Families Canada

LISTEN: [Families Canada Podcast](#) series. Supporting Families: Latest Science, Best Practices - Discover topics such as Supporting Gender Identity in Early Years, Outdoor play, Technology Use and Anxiety/stress/mental health in Early Years



Tips for leading a discussion: *To help to connect 'head, heart & hands'.....*

1. Set the Stage—use a picture, a quote or a situation. Ask open ended questions to spark interest in conversation.
2. Move the Discussion Along (i.e. the experiential learning cycle) Use broadening and deepening questions

Notice: What happened? What did you see? Who was there? When did it start? Then what?

Consider/Relate: Why is it happening? Does this remind you of something? Has this happened to you before? How did it feel? What must the other people be feeling?

Apply: How will you use this new information? What do you want to remember for next time?

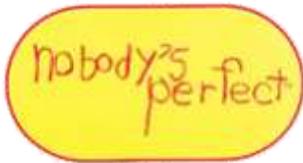
3. Keep the focus on the topic—you may need to go back to notice questions to bring people back
4. Summarize and Conclude—to finish the conversation and give it closure

Training and workshop opportunities fall/winter 2022

September	October	November	December
1st NPP Refresher —on zoom 10 AM—3 PM FREE click here to register	12, 13 and 14th My Tween and Me facilitator training —on zoom 2.5 days. More info click here to register	9th NPP Chat #35 BEHAVIOUR book activities - on zoom 3—4 PM click here to register	Nov 30, Dec 1, 2, 5 & 6 Nobody's Perfect Facilitator training —on zoom 4.5 days Click here to register
29th NPP Chat #33 SAFETY book activities —on zoom 11 am to noon click here to register	18th NPP Chat #34 BODY book activities— on zoom 1—2 PM click here to register		9th NPP Chat #36 (2 hr) Using a webinar to 'hook' parents into registering for your NPP groups —on zoom 1—3 PM Click here to register
	25, 26, 27 and 28 Nobody's Perfect facilitator training —in person @ Youville Centre Wpg Click here to register		14, 15 and 16 My Tween and Me facilitator training —on zoom 2.5 days. More info click here to register

Plus!

Stay tuned for our new virtual professional development on demand workshops—coming fall 2022!

"Thank you so much for the training. I t was WAY MORE than a parenting program. I t was a 5 star facilltator program. I learned a lot and will take this learning into other programs and future endeavours."
- NPP facilitator

Program Statistics Due

We need your program statistics to help us better understand the families who participated in Nobody's Perfect Parenting Programs across the province. *If you haven't already submitted your statistics, please do so before you go on vacation.* Remember, each time you finish a parent group, please click on the data collection link in the top of the [Nobody's Perfect Parenting website](#). It will only take a few minutes to fill out, and can be completed on your computer or cellphone. If it's your first time running a group, please fill out the form at the end and email it to me at info@nobodysperfect.ca to ensure that you receive your certificate!



Let me know when you are running a group and I'll post it on the [website](#). People contact me all of the time for group. I refer them to the groups I know that are being offered.



Celebrating 35 yrs of Nobody's Perfect Parenting in Canada!



Send us a picture from a NPP group this year to enter to win a free set of parent kits (10) for your next group! Contest ends December 9th 2022. (Pics will be used in our NPP News Winter Edition)



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