

Campaign Resources

beagreatparent.ca

- Website portal with age-specific information related to communication, guidance and relationships
- Provides information on available parenting resources throughout Public Health and within the community

Promotional Posters

- Series of posters illustrating common issues many parents face

Tip Sheets

- Age specific tip sheets to help parents communicate, guide and relate to their child easier



For more information,
please contact the:

Parent Talk Information Line
905-688-8248 or 1-888-505-6074
extension 7555
or visit
www.beagreatparent.ca

Enjoy your journey!



All resources are available in French.

Be a Great Parent

It's important to believe that **YOU** can be a great parent.



communication • guidance • relationships



What is...

Be a Great Parent

Be a Great Parent is a positive parenting campaign.

The campaign targets expecting parents, parents and caregivers of children, birth to 18 years of age.

Focuses primarily on three parenting styles:

- › strict
- › lenient
- › balanced



Aims to increase awareness about the importance of:

- › building effective communication skills through listening and talking together
- › using positive parenting to guide your child through life's ups and downs
- › establishing a nurturing relationship built on love and trust

Why...

Be a Great Parent

As a parent, you are the most important person in your child's life.

Research tells that effective parenting styles can make a difference. Children and teens raised with the balanced parenting style:

- › do better in school
- › report less depression and anxiety
- › have higher self-esteem
- › are less likely to engage in risky problems behaviours, including drug and alcohol use or sex or violence



Styles of parenting...

Strict *parents*

....have high expectations for their child. They provide a highly structured environment with set rules, activities and schedules. They expect their orders to be obeyed and do not encourage choices.

Permissive *parents*

....do not place a lot of importance on expectations. They provide an unstructured environment without setting limits and allow their child to set their own rules, activities and schedules.

Balanced *parents*

....have reasonably high expectations for their child. They provide an environment that is both structured and unstructured with clear rules and limits. They encourage their child to be independent when appropriate and allow them to participate in making decisions about activities and schedules.