



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

Nobody's Perfect Parenting Program

Technical Panel of Violence Against Children

IIN Directing Council

October 27, 2016

PROTECTING AND EMPOWERING CANADIANS
TO IMPROVE THEIR HEALTH



Investing in a Lifetime...

“Strong evidence demonstrates that programmes that promote safe, stable and nurturing relationships between parents (or caregivers) and children reduce child maltreatment and its life-long negative consequences for mental and physical health, social and occupational functioning, human capital and security and, ultimately, for economic development.”

(World Health Organization, *Series of briefings on violence prevention: the evidence*, 2009)



Exciting Announcement

- The IIN Directing Council and the Public Health Agency of Canada have signed a Memorandum of Understanding to promote and increase awareness of the *Nobody's Perfect* parenting program, a Canadian best practice which can be adapted internationally, in order to:
 - Promote the rights of children in the Americas;
 - Encourage stronger family bonds through a facilitated learning process and positive parenting experiential learning; and
 - Increase adoption and adaptation of the *Nobody's Perfect* program in the Americas, where appropriate.
- The agreement supports the IIN's Action Plan 2015-2019 objective to eradicate violence against children in everyday settings.

Parenting education and support programs strengthen early childhood development and prevent family violence...

Nobody's Perfect is a preventative parenting program:

- Facilitated to build on parents' existing experiences, skills, knowledge.
- Designed to meet the needs of parents who are: young; single; isolated; or who have low income or little formal education with children aged 0-5 years.
- Based on concepts of adult learning and experiential learning and uses a learner-centered, strength-based approach.
- More than a program; it is a philosophical approach to offering parenting programs.



Nobody's Perfect is a Canadian best practice...



That can also be adapted internationally for other cultures

- The **simplicity** and **flexibility** of *Nobody's Perfect* makes it a model that can be readily adapted to meet the needs of diverse cultural communities.
- Chile and Japan have both **successfully adapted and implemented** the program.
- Yakunay: Atención a Primera Infancia, an organization in Mexico, started training facilitators this summer with hopes to start programming this fall.
- Within Canada, the program is offered to a **variety of different cultural groups** in multiple languages including Spanish, Arabic, Punjabi, Chinese, and Vietnamese to name a few.

***Nobody's Perfect* aims to...**

Improve the capability of participants to maintain and promote the health of their children (ages 0-5 years)

Objectives:

- 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; and
- increase self-help and mutual support, bring parents in contact with community services.



Strong results: *Nobody's Perfect* has a positive impact on parenting

Research* has shown that program participants have increased:

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



*Source: Impact Evaluation, 2009

Overview of Evaluations Reports

www.nobodysperfect.ca/innerpage.aspx?x=SKFCdBKfEk8VjBJNA1F1AgVfmsYwZjeRdMzqWD4rDuNqX4JHOFTpRj%2FQB79Biig3

How does the *Nobody's Perfect* program work?

- **Trained facilitators** guide a predetermined number of sessions
- Typically offered as **group sessions** over 6 to 8 weeks but can be offered to individuals on a **one-on-one basis**
- **No set curriculum** – content is based on group's need
- Encourages **self-help** and **mutual support**

Key program concepts:

- Participant centered
- Respecting values
- Experiential learning
- Flexibility



What program resources are available?

- Parent Kit- 5 books, 2 charts
- Training Manuals
- Tip Sheets (19)
- Promotional Materials
- Websites



Nobody's Perfect Government of Canada

www.phac-aspc.gc.ca/hp-ps/dca-dea/parent/nobody-personne/index-eng.php

Search "Nobody's Perfect" on www.Canada.ca

Nobody's Perfect Knowledge Sharing Forum – Youville Centre Manitoba

www.nobodysperfect.ca

What is involved in becoming trained to offer the program?

A **'train-the-trainer'** approach: Three levels, each with a **certification process**

1.Facilitators work directly with parents within their communities.

2.Trainers provide training sessions to individuals wishing to become facilitators.

3.Master trainers provide training to existing facilitators who want to become trainers.

- Certification process includes multi-day training, offering a parenting session and completing the required documentation.

- Training manuals for facilitators, trainers, and master trainers contain information and tools for facilitating strength-based learning and conducting non-judgmental and inclusive community programming.

- Does not include content on child health, safety, development, and/or parenting.

Interested in implementing the program in your country?

What is your role?

- Submit a proposal to the Public Health Agency of Canada outlining how the training and program would be implemented and sustained over multiple years.
- Sign a licensing agreement with the Public Health Agency of Canada.
- Translate the training materials and parent resources to ensure that they are culturally appropriate for program facilitators and participants before implementing the training or offering the program to parents.
- Implement the first stage of the multi-year plan to train facilitators, trainers, and eventually master trainers.
- Implement program for parents.
- Continue to increase level of training for facilitators, trainers and eventually master trainers.
- Provide annual reports to the Government of Canada on program implementation to demonstrate the reach and ensure integrity of the program.

All financial costs are the responsibility of the organization seeking to implement the program outside of Canada.

Interested in implementing the program in your country?

What is the Public Health Agency of Canada's role?

- Provide more detailed information about the program and support to the interested Member State as they develop their implementation plan.
- Once the plan is accepted, develop a licensing agreement for signature between the Public Health Agency of Canada and the Member State. There is no cost for the agreement.
- Share the Canadian content in either English or French for all resources (for parents and training) as well as the design template for the parent resources.
- When possible, provide oversight of the sharing of any previously translated materials between countries/organizations.
- Assist the Member State to make arrangements for training of facilitators, and eventually trainers and master trainers.
- Provide ongoing guidance as necessary to the Member State on the implementation of the program.

Interested in implementing the program in your country?

What is the IIN's role?

- Address the Action Plan 2015-2019 objective: to eradicate violence against children and adolescents in everyday setting by working in collaboration with PHAC to:
 - Provide opportunities for multilateral discussion and promotion of the *Nobody's Perfect* Parenting Program
 - Facilitate connections between appropriate bilateral representatives from IIN Member States and PHAC in order to support uptake/implementation of the program in the Americas region.



Who do we contact if we have more questions?

Karen McKinnon

Executive Director

Division of Children and Youth

Centre for Health Promotion

Public Health Agency of Canada

karen.mckinnon@phac-aspc.gc.ca

(613) 960-0376