

Parenting

EMPLOYEE ASSISTANCE PROGRAM

Resilience Empowerment Compassion



What is Parenting?

Parents raise, educate and prepare children for adulthood.

Parenting is often done by biological parents but others, such as extended family, foster parents and adoptive parents also raise children.

Some Parenting Truths

- Parents who have not given birth to children can raise happy, secure and healthy children.
- Mothers are not better parents than fathers. Both are important in a child's life.
- Different styles of parenting work for different children.
- Parenting is both satisfying and frustrating.
- Rich, educated parents do not automatically make better parents than those with less money or education.
- Good parenting is a balance of care, encouragement and guidance.

- You are not a failure as a parent if you don't always have the answers.
- There are many resources available to help parents understand and manage the stages of their child's development.

Always try to:

- respect and listen to your child
- be a positive role-model
- remember that all children are not the same
- be patient with, encourage and support your child
- be clear and consistent about what is acceptable behaviour
- avoid negativity and harsh discipline
- learn about the stages of childhood development
- ask for help when you need it
- take time for yourself - your child benefits from having a well-rested, happy parent in their life

Facing Challenges

Parents experience many challenges as they raise their children. A child may have self-esteem, anger or developmental issues for example. Often external influences are also involved such as a child's school and

their peers or experimentation with drugs and alcohol. Never be afraid to talk about the challenges you are facing and ask for help when you need it.

We Can Help.

The Employee Assistance Program can:

- assist parents in examining parenting issues
- support, listen and encourage
- help parents talk to their children differently
- refer parents to self-help programs and specialized services
- provide education on child development
- counsel your child individually or as part of family counselling

Resources

Agencies

- Child Development Clinic: 204-787-7469
- Elizabeth Hill Center: 204-956-6560
- Youth Mobile Crisis Team: 204-949-4777
- Triple P: 1-866-Manitoba (a collection of agencies & resources)

Suggested Reading

- The Strong Willed Child. Dr.J.Dobson
- Family in Society. Brenda Wilmot and K.Lee
- Your Competent Child. Jesper Juul
- The Positive Parent. Kerby Alvy
- 1-2-3- Magic. Thomas W.Phelan
- How to Talk So Kids Will Listen. A.Faber and E.Mazlish

Programs and Websites

- Positive Parenting Program: (Triple P) www.manitoba.ca/triplep
- Parenting and Families (Nebraska): <http://lancaster.unl.edu>
- National Effective Parenting Initiative: www.effectiveparentingusa.org

Employee Assistance Program

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