

BE WELL

BUILD HEALTH INTO YOUR DAY, YOUR WAY.



FAMILY LIFE

Life with kids can be messy and that's ok.

Feel more confident and less stressed about being a parent

- Parenting can be messy and kids don't come with manuals. It is normal to have questions whether you are becoming a new parent, raising a teen or somewhere in between. Consider looking for more tools to fill your parenting toolbox.

How can Triple P positive parenting help?

- Feel more confident and less stressed about being a parent.
- Get on the same page with your partner about how to raise the kids.
- Learn how to build healthy relationships with your children.
- Gain communication skills to encourage the behaviours you want to see in your child.
- Help to manage your child's emotion.

More ideas for those messy parenting days

Visit these websites:

- Triple P Ontario
- Caring For Kids
- Reaching In, Reaching Out

Want to talk to someone?

- You can talk with someone over the telephone or attend a local program - for more information, contact Health Connection, 705-721-7520 or 1-877-721-7520



Check out more Be Well tools and resources by visiting www.bewellcommunity.ca

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