

FOR MORE INFORMATION
about *Nobody's Perfect*, or to download
this document, please search
“*Nobody's Perfect*” on Canada.ca.

For more information about *Nobody's Perfect*
sessions in your community, contact:



Nobody's Perfect

nobody's perfect

Nobody's Perfect is a parenting program offered
in communities by facilitators to help support
parents and young children.



At **Nobody's Perfect** sessions, you can learn about your child's feelings, behaviours, body, and safety as well as sharing what it is like to be a parent.

Sessions are based on what you and other parents want to learn about, not step by step from a book.



Nobody's Perfect is a place where parents can:

MEET

with other parents of young children (ages 0–5)

SHARE

questions or concerns and ideas about being a parent

LEARN

about child development, safety, health and behaviour

TALK

about real-life parenting experiences

WORK

together with the support of a trained facilitator

DISCOVER

ways of positive parenting

The program is voluntary and free.