



"She makes me feel valued as a person and as a parent.... She helps me see what I am already doing well as a parent."

In the first few years children learn more and at a faster pace - than at any other time in life.

Be ready to parent!  
Parents as Teachers can help.



## Parents as Teachers children are healthy, safe and ready to learn.

- ✘ They're better problem solvers.
- ✘ They're more advanced in language and social development.
- ✘ They're healthier.
- ✘ They score higher on kindergarten readiness tests.

## Parents as Teachers participants are more informed.

- ✘ Be confident in your role as a parent.
- ✘ Connect to your child through play and reading time.
- ✘ Be more involved in your child's early learning and education.



Funding provided by



Contact us:

Phone: 403.320.5983  
[www.southregionpat.ca](http://www.southregionpat.ca)



# How do you help your children develop, learn, and grow to realize their full potential?



Serving Lethbridge & Southwest Alberta

It's free. Enroll today!



# Being a parent is hard work

South Region Parents as Teachers is here to help!

When you enroll in Parents as Teachers you receive information, support, and encouragement from a certified home visitor. Our certified home visitors help you understand your child's development and connect you to the resources you need to make the best choices for your family.

Parents as Teachers offers customized personal visits for the needs of your family, at no cost to you.



## How does it work?

Parents as Teachers is a free, evidence-based, comprehensive, parent education program. Families can participate through home visits, video visits, and/or phone visits.

### ✘ Personal visits

Since this is your child and your family, you set the agenda for each personal visit. Your home visitor is there to provide well-researched information to help you make good parenting decisions... and to provide concrete support for you in times of need.

### ✘ Groups

Group connections create a network for you and other parents to learn from and support each other, and grow together as parents.

### ✘ Screenings

Regular screenings during your visits will make sure your child is healthy, safe, and developing on track.

### ✘ Resources

Need more help or a special resource? Your home visitor will make the introduction and connect you.

**Oki. Ask about our Indigenous supporting home visitor in the City of Lethbridge.**

*"Having someone take the time to talk with me, one-on-one, about parenting makes me feel useful, needed and very necessary!"*

## Together on each visit, we'll:

- ✘ Look at your child's development and talk about the parenting challenges you face right now.
- ✘ Think about family dynamics impacting your child's development, your parenting values and decisions.
- ✘ Build strong protective factors to keep you, your child and your family healthy, strong and resilient.

