



South Region Parents as Teachers

An evidence-based parent education and family support home visitation program serving families throughout pregnancy up to six years of age.

PROGRAM COMPONENTS:

Personal Visits: Individualized, strength-based visits where home visitors focus on child development, parent-child interaction and parenting challenges. Visits occur monthly, bi-weekly or weekly depending on family needs and program capacity.

Visits may be facilitated by a combination of in-person visits as well as video conference, and/or telecommunication visits as necessary.

Resource Network: Home visitors assume a “broker of services” role, bridging the gap between resources available and families’ needs.

Screening: Developmental and health screenings help parents understand their child’s development, recognize strengths and identify areas of concern that might suggest the need for follow-up services.

Group Programs: A variety of opportunities for parents to share experiences, discuss problems, learn from other parents, observe their child with other children and learn and practice parenting skills.

THREE AREAS OF EMPHASIS:

Parent-child Interaction – developing parenting skills that are warm, responsive, encouraging and communicative. Incorporating activities families are already doing and building on them.

Development-centered parenting – not only to inform parents about child development, but to make explicit connections between the child’s stage of development and the child’ behaviour. This facilitates the parents’ ability to identify and understand causes of behaviours and move towards solutions.

Family well-being – an emphasis is placed on parent/family strengths, capabilities and skills; and building protective factors: parental resilience, social connections, knowledge of parenting and child development, concrete support in times of need, children’s social and emotional development.

GOALS:

1. Increase parent knowledge of early childhood development and improve parenting practices.
2. Provide early detection of developmental delays and health issues.
3. Prevent abuse and neglect.
4. Increase children’s school readiness and school success.

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South Region PAT serves families in Lethbridge and across Southwest AB from Bow Island to the Crowsnest Pass. Ask about our Indigenous supporting home visitor in the City of Lethbridge. Please contact the Program Manager at rose.boersma@lethsd.ab.ca for more information.

Making a referral to Parents as Teachers:

Certified home visitors provide services in many locations throughout Southwest Alberta. Referrals to the program can be made directly by the family or with the support of professionals in the community. Contact the Program Manager at:

#71, 4510 Fairmont Gate S.

Lethbridge, AB T1K 8J3

Phone: 403-320-5983 Fax: 403-320-5989

rose.boersma@lethsd.ab.ca



Office Hours:
8:30 AM to 4:30 PM
Monday to Friday



Connect with PAT at:

www.southregionpat.ca

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