

Free parenting support available through Region

Halton Region reminds parents in Halton that parenting support is available free of charge through a variety of programs.

The newest parenting program at Halton Region is Triple P, or Positive Parenting Program. Triple P helps parents manage their child's behaviour in a constructive and caring way, develop good communication and strong relationships with their children and learn positive parenting skills for a broad range of parenting situations.

"Studies have shown that children who grow up with positive parenting are more likely to feel good about themselves and develop to their full potential," said Dr. Bob Nosal, Medical Officer of Health for Halton Region.

"Positive outcomes of the Triple P program include increased parental confidence, improvement in the child's performance at school, and a lower likeli-

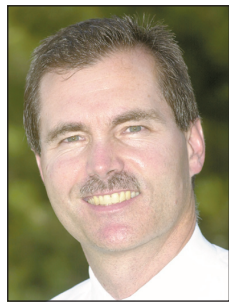
hood of teens engaging in risky behaviours."

Triple P is available to parents of children 1 to 16 years of age. The program is delivered by accredited Triple P practitioners via telephone, face-to-face meetings, seminars, and small group series.

"Some parents may feel apprehensive or uncomfortable about seeking help for parenting, but it's important to remember that parenting skills can always be fine tuned," said Adelina Urbanski, Commissioner, Social and Community Services.

"Many parents require ongoing support to stay current and be effective."

For locations and dates of seminars, or to learn more about Triple P or other parenting programs, please contact Halton Region at 905-825-6000 (toll-free: 1-800-443-5866; TTY: 905-825-9902) or e-mail accesshalton@halton.ca.



DR. BOB NOSAL

Website hosts discussion forums for local moms

Halton Moms is a website that hosts discussion forums for all the moms of Halton through separate boards for each town. The website was started with Milton Moms. Sandy Gillespie started the forum in order to meet other moms when she was pregnant with her daughter. The forum soon grew to include more than

600 moms that are making friendships and getting advice.

Gillespie decided to expand and give the other moms of Halton, including Acton and Georgetown the opportunity to reach out like the moms of Milton have been able to.

The website is www.haltonmoms.com



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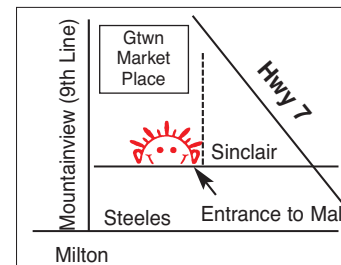
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