

MEDIA RELEASE

Feb 04, 2014



Celebrate the Power of Positive Parenting This Family Day

Every Kid in Our Communities (EKIOC) is celebrating Family Day 2014 by acknowledging the *Power of Positive Parenting* by Triple P for all families within the Leeds & Grenville counties.

Positive parenting uses encouragement, attention and good communication to help develop a sense of self in children. Children who have healthy self-esteem are likely to be happy, cooperative and successful at school and make friends easily. They are fun to be around because they are eager to learn and cope well with stress.

Children who feel good about themselves laugh spontaneously, develop a sense of humor and learn to tell funny stories. Encourage your child to laugh by listening to their stories, playing games and having fun together.

Children aren't born with self-esteem. Self-esteem is developed during childhood interactions with the people around us. As parents it is important that we help our children develop a true sense of their own strengths and weaknesses at home, school and at play.

On February 17th have FUN as a family. Family quality time is more than just an activity – you are building healthy self-esteem in your children.

For more information on self-esteem or other positive parenting tips visit www.triplepontario.ca or call 1 800 (660)-5853.

*Adapted from Triple P Ontario Parenting Tip Sheet "A Sense of Self"

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