

MEDIA RELEASE

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Every Kid in Our Communities (EKIOC) is celebrating Father's Day 2015 by acknowledging the *Power of Positive Parenting* by Triple P for all families within the Leeds & Grenville counties.

More than 40% of men report that work stress affects their home life. Long hours, increased use of contract employment, greater job insecurity, and the challenge of adjusting to changing work practices, can strongly affect a person's ability to evenly balance home and work.

Fathers may judge their self-worth only in terms of their ability to cope with their work life and leave most parenting to their partners. It is important that dad's feel confident in their own parenting skills.

The challenge for fathers is to recognize their tension and try positive strategies to relieve and cope with the work/family stresses:

- Enjoy a physical activity
- Enjoy a hobby
- Meet up with a friend
- Go on a date with your partner

This Father's Day, June 21, encourage all fathers to enjoy their favorite activity. Taking time for you as a parent is an important part of raising resilient, confident and competent children.

For more information on the "5 Steps to Positive Parenting" or other positive parenting tips visit www.tripleontario.ca or call 1 800 (660)-5853.

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Contact: Tanis Brown, Public Health Nurse, Leeds, Grenville and Lanark District Health Unit 613-345-5685

Or Susan Healey, Communications Co-ordinator 613-802-0550