



Healthy Parenting Home Study ...

is an on-line program for parents, parents-to-be, and caregivers of children birth to age five.

The program is divided into six age-related modules. Topics include:

- Growth and development
- Physical and emotional needs
- Positive discipline strategies
- Speech and language development
- Safety
- Importance of play

1319 Colony Street, Saskatoon, SK S7N 2Z1

Bus. 306.651-4300 Fax. 306.651.4301

www.healthy parenting.ca

saskatchewan
preventioninstitute
our goal is **healthy** children

What is Healthy Parenting Home Study?

Parenting is one of the most important jobs you will ever do and Healthy Parenting will help support you in that job.

Healthy Parenting is an on-line program ideal for parents who want to learn parenting skills and tips on their own or for those who do not have access to parenting programs in their communities.

How Do I Access Healthy Parenting Home Study?

The most convenient way is to participate on-line at www.healthyparenting.ca. By accessing Healthy Parenting on-line, you receive additional information on parenting and early childhood education through links to other websites.

You can also download a copy of the manual and print it off. Please note that the manual is about 90 pages in total and is available through the Saskatchewan Prevention Institute's website at www.preventioninstitute.sk.ca.

How Does it Work?

After reading each module, you will be asked to complete an exercise which can be self-corrected. The modules can be completed at your own pace.

How Much Does it Cost?

Healthy Parenting Home Study is **FREE OF CHARGE**. A certificate of completion can be issued upon request.

For more information, or to get started on the modules, please visit www.healthyparenting.ca or call 306.651.4300.