

# The Wonderful World of Parenting: Roles and Responsibilities





The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, the ancestral territories of the Nêhiyawak, Nêhithawak, Nêhinawak, Anishinabek, Nakawe, Dakota, Lakota, Nakota, Dene, and the homeland of the Métis. We recognize that these lands are currently inhabited by Indigenous people from across Turtle Island including many other First Nations and Inuit peoples and acknowledge the importance of the treaties, the lasting impacts of colonization, and continued inequities. We are dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people and are grateful to live, work, and play on this land.



**1. Approach  
with caution**



**2. Good vibes  
only**



**3. Where's  
the coffee?**



**4. Let the  
fun  
begin!**



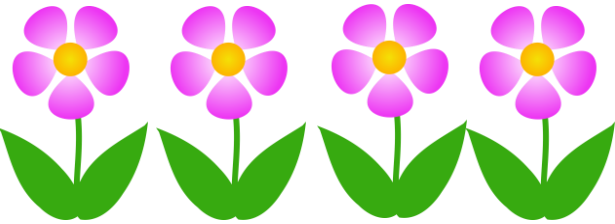
**5. Keeping calm  
and  
carrying on**



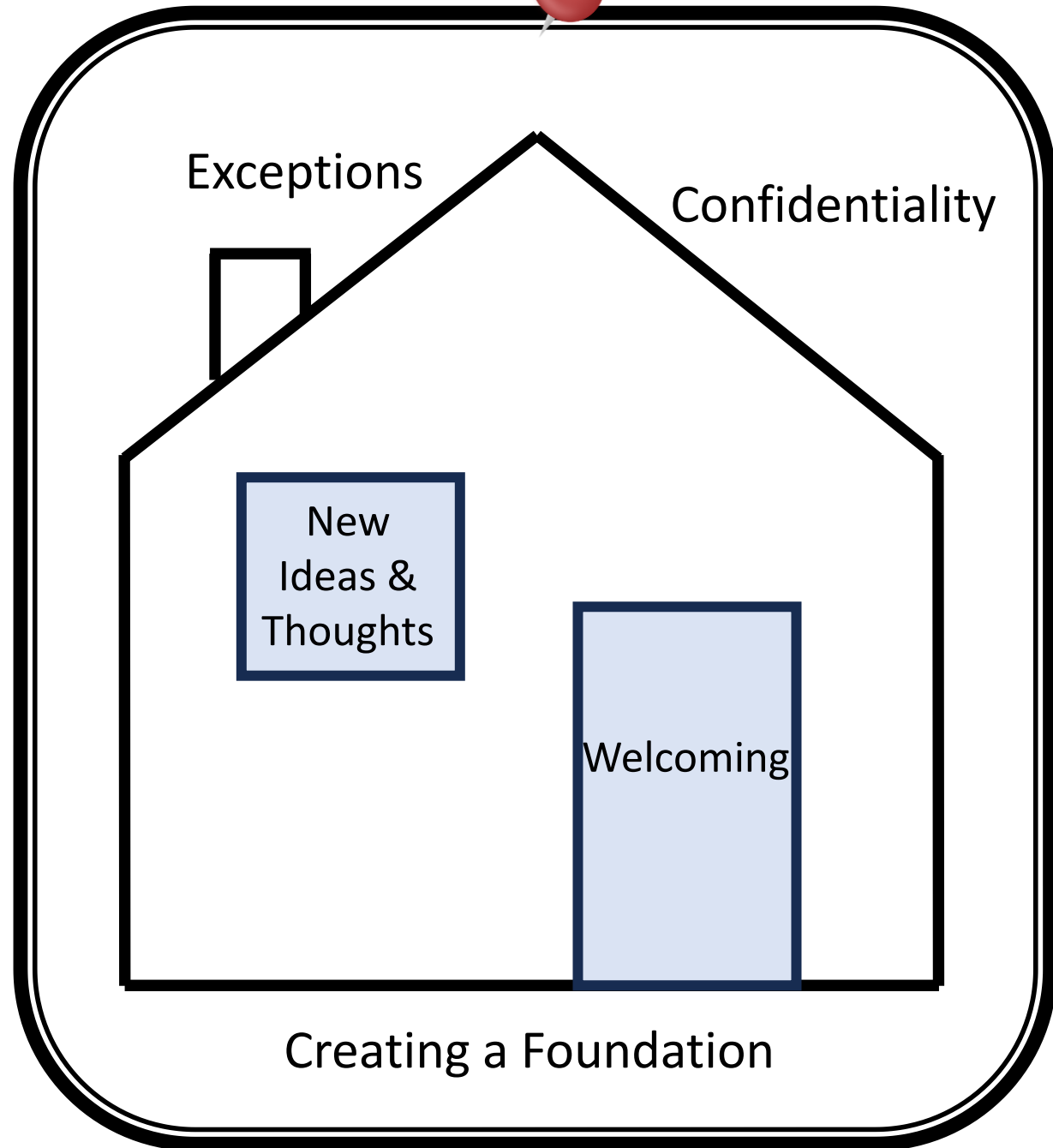
**6. Is it Friday  
yet?!?**

# Creating a Safe Space for Connection and Growth

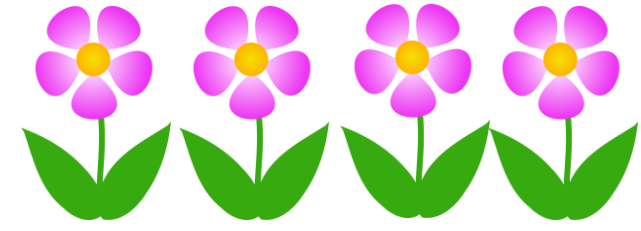
Structure & Support



Planting Seeds



Hang Up Judgements





<https://www.youtube.com/watch?v=7tqD1cQVcEM&t=4s>



APPLY



THE WONDERFUL  
WORLD OF  
PARENTING VIDEO



NOTICE



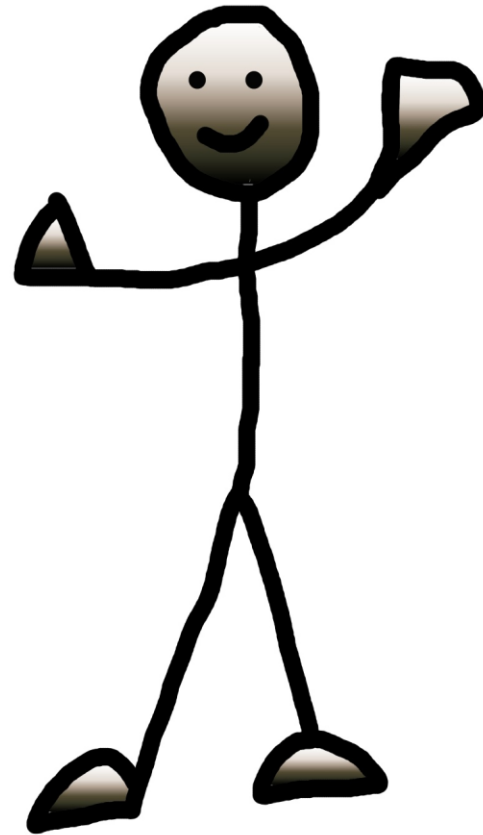
RELATE/  
CONSIDER



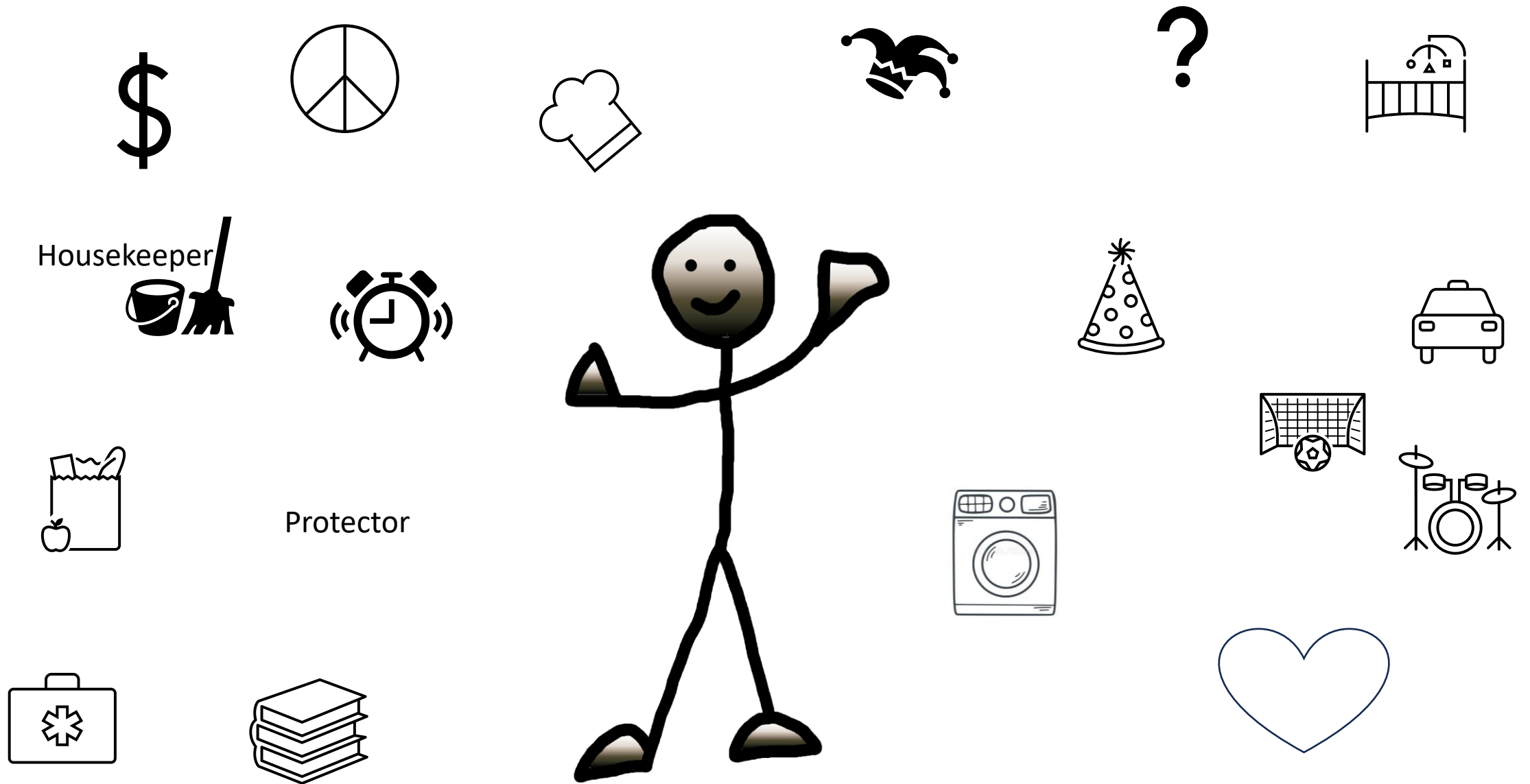
How can you use or  
apply this learning to  
your life?

What are you  
becoming aware of  
or learning  
about yourself?

What did you notice?  
What stood out for you?

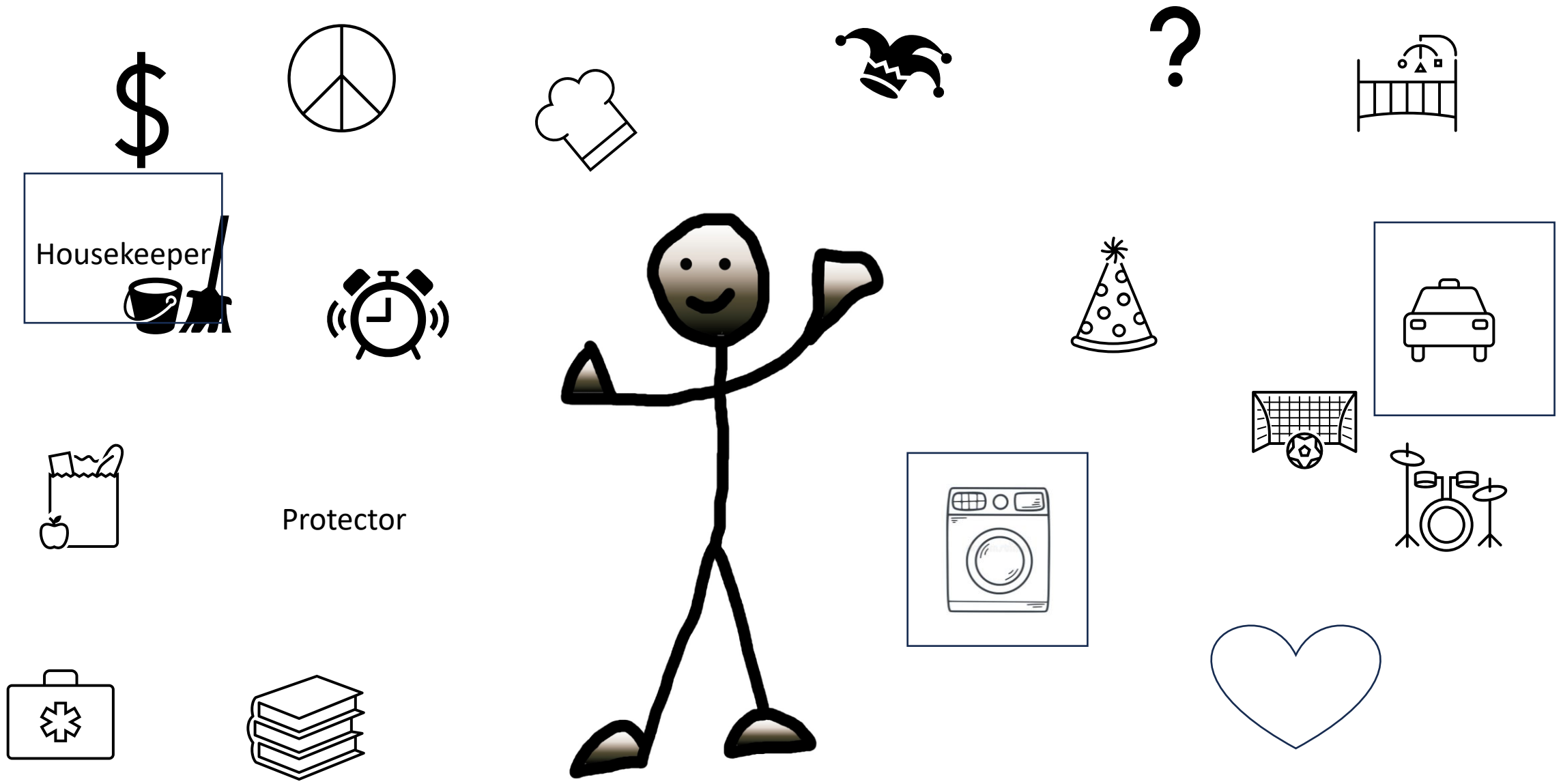


1. Draw a picture of yourself.

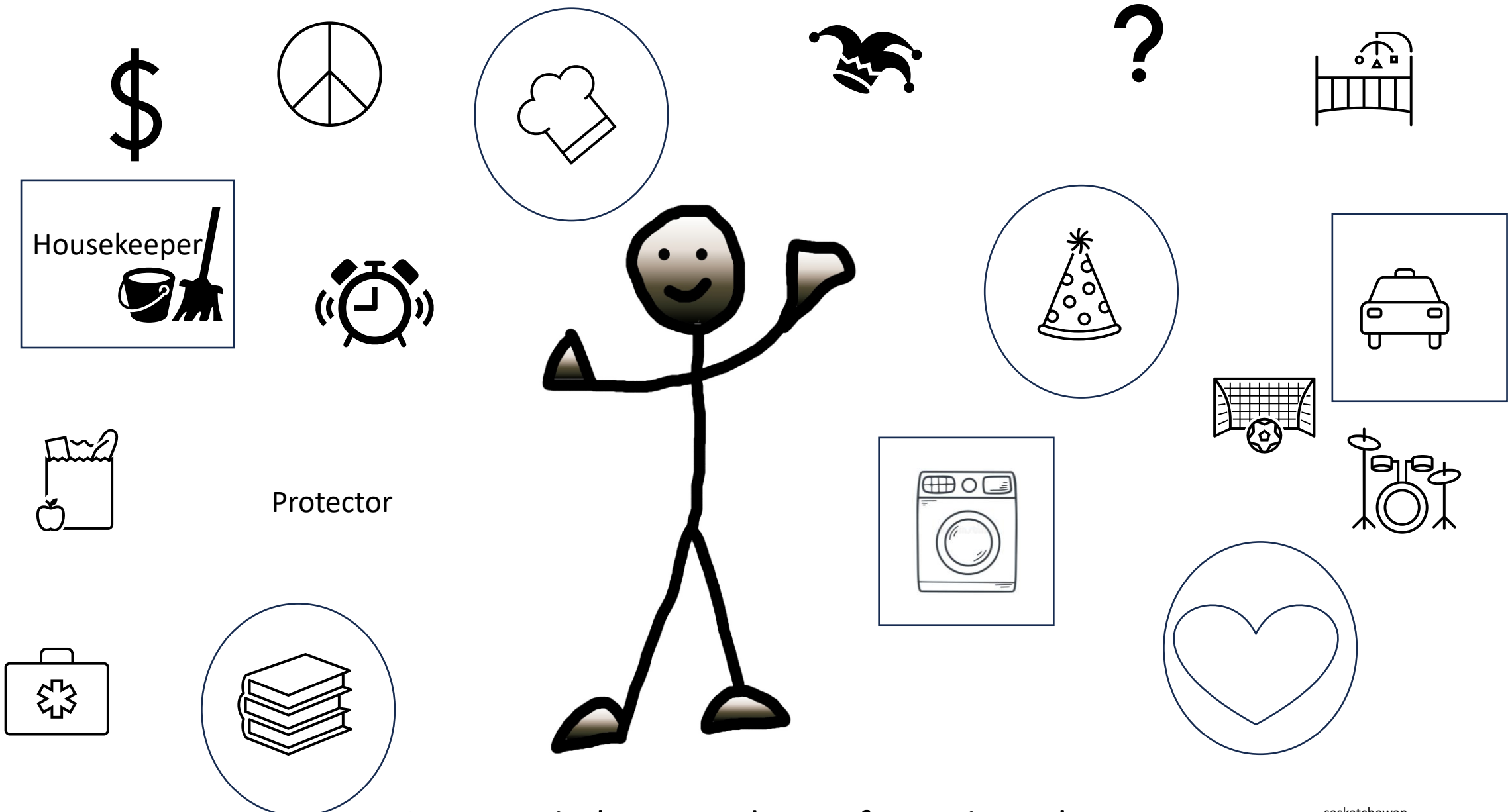


2. Draw pictures or write words of the roles you play as a parent.





3. Put a square around the roles you find challenging.



4. Put a circle around your favourite roles.



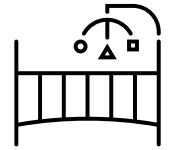
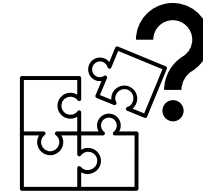
What are your most  
challenging roles?

What your favourite  
roles?



Reflect  
Share  
Discuss

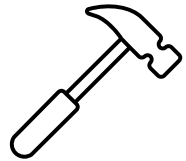
What are some other roles and responsibilities you have?



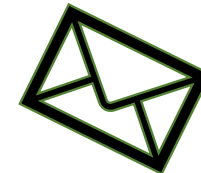
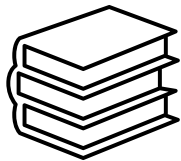
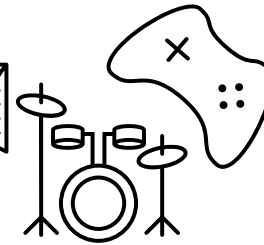
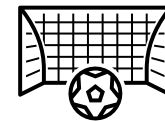
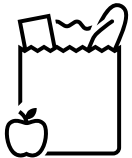
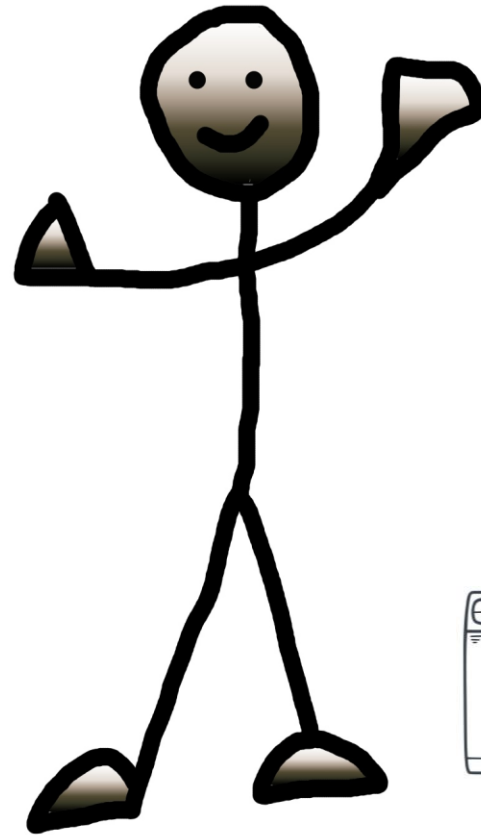
Daughter

Sister

Wife



Neighbour



Employee

Volunteer



How can you use or apply this learning to your life?



APPLY



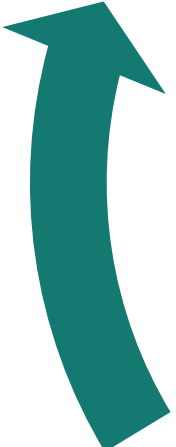
MY MANY HATS ACTIVITY



NOTICE



RELATE/  
CONSIDER



What are you becoming aware of or learning about yourself?

What did you notice?  
What stood out for you?


# Hat Helpers



**Self Care**  
(e.g., Bubble bath)



**Personal or  
Social Supports**  
(e.g., Friend)



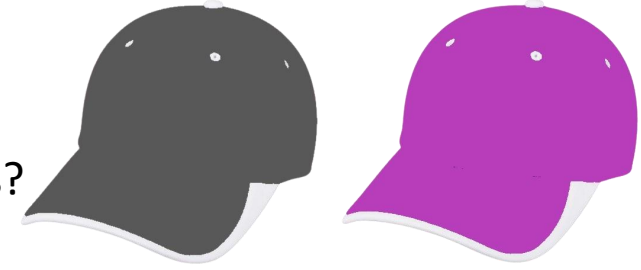
**Skills, Tools,  
Strategies**  
(e.g., Time  
management)



**Community Supports**  
(e.g., Family Resource  
Centre)



# Hat Helpers



Top Row: What things do you already do? What already exists?  
Bottom Row: What are other opportunities or strategies?

<b>Self Care</b> (e.g., Bubble bath)	<b>Personal or Social Supports</b> (e.g., Friend)	<b>Skills, Tools, Strategies</b> (e.g., Time management)	<b>Community Supports</b> (e.g., Family Resource Centre)



# Parents



## Make Life Easier for Yourself

- **Decide what is most important.** People are more important than things. It is always important to cuddle, play, and talk with your child.
- **Tidy is more important than clean.** No one will see the dust on the woodwork, but toys all over the floor are dangerous. Put the toys into a box and put the box in a corner. The room will look much better, you will feel good about it, and it will only take a few minutes.
- **Be as organized as you can.** Every day, make a list of what you have to do. This could include planning meals, cleaning, errands, appointments, and anything else you need to get done that day.
- **Work out ways to get things done quickly and easily.** There are ways to save time and energy. For example, prepare enough stew for two meals then freeze half for another day. Do as much as you can by phone or online.
- **Share the work.** You do not have to do everything on your own. Share the work with your partner, if possible. Ask for help from friends and family members. Ask a neighbour or a friend to watch your child for an hour or so while you take a break. Maybe you can watch her child in return or do some other favour.
- **Prepare for problems BEFORE they happen.** Problems will seem smaller if you've already figured out how to handle them. What will you do if your child has a fever? Or if your babysitter gets sick?

**i Give yourself credit for what you do. Do not feel guilty about what you do not get done.**



For more information about *Nobody's Perfect*, or to download this document, please search "Nobody's Perfect Tipsheets" on Canada.ca.



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

## What Can Wait?

### IS THIS A MUST DO JOB OR A SHOULD DO JOB?

When you feel you have too much to do, take a break and make a list. Write down all the jobs that you think you need to do. Decide whether each job is a must do job or a should do job. Work on the must do jobs first. You do not have to think about the should do jobs right away. They can wait.

#### Examples of must do jobs:

- Feed your child.
- Take care of a sick child.
- Get some rest and exercise.
- Pay your bills.
- Make sure your child goes to school or daycare.

#### Examples of should do jobs:

- Clean the floor.
- Do laundry.
- Clean the bathroom.
- Mow the lawn.

You cannot delay should do jobs forever. If you have no more clean clothes to wear, doing laundry is a must do job! Ask yourself: "Will something bad happen if I don't do this job?" If the answer is yes, then this is a **must do** job.

Spend your time doing **must do** jobs and having fun with your family and friends.

## What Can You Get Help With?

### Look to your community.

Help and support from neighbours, friends, and family can make many problems easier to handle. Stay connected to your family and friends. Reach out to other people.

- Buy and cook food as a group or use a community kitchen program.
- Arrange a car pool.
- Join a babysitting co-op. In a co-op, parents trade babysitting time instead of paying for it.

Program providers: Please use this space to input your organization's information.



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Cat: HP15-254-2015E PDF | ISBN: 978-0-660-02589-6



**Jackie Eaton**  
CAPC Training and Education Coordinator  
[jeaton@skprevention.ca](mailto:jeaton@skprevention.ca)

**Connie Herman**  
Provincial Nobody's Perfect Parenting  
Program Coordinator  
[cherman@skprevention.ca](mailto:cherman@skprevention.ca)

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