



THE WONDERFUL WORLD OF PARENTING

Remember,
every role you
play matters!



Parenting is a journey with countless hats to wear – some joyful, some challenging. Each role you play as a parent is important to your child’s growth, health, and happiness.

No parent can do it all alone. Your well-being is important. Remember to call for support from your family, friends, or community when you need it.

Take time for yourself and do something that brings you joy. Even small breaks can make a big difference.


No matter which hat you wear the most, remember that every role you play matters. **Thank you for all that you do!**

saskatchewan
preventioninstitute
our goal is **healthy** children

The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, and the homeland of the Métis. The Saskatchewan Prevention Institute is dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people.

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*The Wonderful World of
Parenting* video!

