

Nobody's Perfect Parenting Program: Overview



What do we know about the effectiveness of the Nobody's Perfect program?

A 2009 impact evaluation demonstrated that *Nobody's Perfect* program participants experience increased:

- **confidence** in their parenting skills
- **self-sufficiency** and **independence**
- frequency of **positive parent-child interactions**
- use of **positive discipline techniques**
- access to **peer/social/community support**
- ability to **cope with stress**
- ability to **problem solve**
- **resiliency**

For more information on program evaluations, go to: www.nobodysperfect.ca and click on the **About** tab at the top of the page and then the **Evaluations** tab.

Nobody's Perfect is effective for **PARENTS**

Nobody's Perfect has proven to be an effective program for parents who have limited access to parenting programs and support. Several major evaluation and impact studies have found that parents who participate in a *Nobody's Perfect* program feel less isolated, are more resourceful and have increased ability to cope with stress and deal with problems (Kennett, Chislett & Olver, 2012)ⁱ. As parents, they are more confident in their parenting skills and use more positive methods of discipline and have more positive interactions with their children (Skrypnek & Charchun, 2009)ⁱⁱ.

Nobody's Perfect is effective for **FACILITATORS**

Facilitators find that the skills and insights they develop working with *Nobody's Perfect* are helpful in other areas of their lives and careers. *Nobody's Perfect* Facilitator Training builds skills and confidence and facilitators find it to be a valuable resource. Many facilitators report that the skills they learn through *Nobody's Perfect* have an impact on their work and their daily life.

Nobody's Perfect is effective for **COMMUNITIES**

Through participation in *Nobody's Perfect*, parents learn about and seek out other resources and supports in their community. They also get to know and trust other parents and begin to build support networks that strengthen individuals and communities.

ⁱ Kennett, D.J., Chislett, G. Olver, A.L.S. (2012). A Reappraisal of the Nobody's Perfect Program, *Journal of Child and Family Studies*, 21(2), 228-236.
ⁱⁱ Skrypnek, B.J.I and Charchun, J.I (2009). An Evaluation of the Nobody's Perfect Parenting Program. Canadian Association of Family Resource Programs.

For more information about the *Nobody's Perfect* parenting program, please email DCA.public.inquiries@phac-aspc.gc.ca.



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What are the program theories that *Nobody's Perfect* is based on?

Many theories of change and learning contributed to the development of *Nobody's Perfect*. Some of the **learning theories** and **change theories** that helped to form the foundations of the program include:

- Ecology
- Family Systems
- Social Support
- Self-Efficacy
- Empowerment
- Mutual aid
- Andragogy
- Constructivism
- Humanistic person-centered learning

