

8) What if I need support?

Being a parent is a big job, possibly the toughest job out there! But there are lots of organizations and materials out there to support you!

What do I do if I have questions?

Everyone has parenting questions and nobody is a perfect parent. That's why we love BC Council for Families parenting programs. You can learn all about them at www.bccf.ca. They provide free, non-judgmental parenting programs for parents with children of all ages.

In these courses you will learn about;

- 1) effective ways to discipline
- 2) how to keep your child safe on the internet
- 3) resolving conflicts
- 4) how to talk about puberty and relationships, and more!

We also recommend checking out www.redbookonline.bc211.ca. This is a listing of community organizations from every stripe. If you have a particular concern or challenge as a parent, search the RedBook to find organizations that might be able to support you.

Talking to other parents: The Power of Networking

A recent project in Richmond talked to low-income parents about what it's like to get by and provide for their families without a lot of income. During the parent interviews it became clear that the best resources available out there for parents are *other parents*.

The parents were full of ideas on where to find the best deals on bikes, shoes, who has the best value on produce, where to go for the best parenting classes, and more.

Never hesitate to learn from fellow parents or share an incredible resource you've discovered without judgment.

This not only builds community, but it grows the collective strength of parents to be the best parents we can be for our children.