**Toronto Public Health programs that you may find helpful.**

Parenting programs –some offered by me and some by other public health nurses.

1. **Kids Have Stress Too**! is a program of the Psychology Foundation of Canada (PFC) Revised in 2003. KHST is two/ three-session program designed by public health nurses to help parents and caregivers better understand stress from the kids' perspective. It teaches parents and caregivers a variety of strategies; prevention strategies (enough sleep, down time, nutrition, hugs, affection, etc), symptom –reducing (deep breathing, stretching), problem solving and adaptation strategies (positive self-talk, guided visualizations) to practice with their children in order to manage stress. The target audience are parents and caregivers who have children ages 4 to 9 years old. It can be done during the day or evening.
2. **At Home Alone**: This program was developed to help families prepare their 10 to 14 year olds to be home alone safely. It is a one session (2 hours) workshop for parents and their children. The aim of the program is to increase safety in various situations that may occur while 10 to 14 year olds are at home alone. It promotes safe physical activity by encouraging families to practice walking safely between home, school and activities. Studies show that physical activity, such as walking, is beneficial to students’ health and performance at school. For families with a special needs child, make sure to consider their unique needs before deciding to leave them home alone.
3. **Connecting with your teen:** Connecting with Your Teen is a 2 hour workshop for parents and caregivers that focuses on normal teen development and highlights some key strategies that families can use to manage the teen years. The goal of this workshop is to inform parents about the importance of building resiliency in their family by introducing them to some evidence based skill building strategies. This is an interactive parenting workshop, with many activities that are used to engage parents such as group work, role plays, discussion and sharing. The ultimate goal is to support parents in providing a positive influence for their teens and in turn assisting their teens to avoid substance use.
4. **Raising sexually healthy children:** For parents. The goal is to give parents and caregivers the knowledge and support they need to foster healthy attitudes about sexuality in their children.
5. **The incredible Years**: is a 12 week program for parents that have 2-6 year olds It teaches parents interactive play, non-violent discipline, logical consequences and problem solving skills. Sessions involve discussion, video tape modelling and role play.
6. **Make the connection** (for parents that have infants 6 weeks old to 12 months). It is a parent-infant 9 week interactive program that promotes secure attachment, two-way communication, infant led learning, the importance of early years and the parent-child relationship.
7. **Colorectal, breast and cervical cancer** prevention presentation for adults. About an hour each presentation.

**Support for Teachers**

1. **KHST - Kids Have Stress Too!** is a program of the Psychology Foundation of Canada (PFC). Free teaching resources for teachers that support the curriculum to teach mental health promotion and have less stressed classrooms. –I can come during lunch and learn and introduce teachers to the resources.
2. **Sexual health educators** to support teachers in the classroom.
3. **PALS- Playground Activity Leaders in School program:** A peer leadership program in which children are trained to plan and lead fun and safe activities in the playground at recess.
4. Can also support the schools with displays during health fairs such on sun safety or helmet/bike safety.