

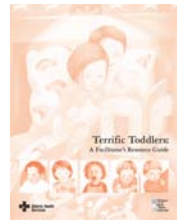
# ***TERRIFIC TODDLERS***

## ***A Parenting Education Program for Parents of Toddlers***



*Terrific Toddlers* helps parents better understand their toddlers and themselves. The toddler years can be challenging, but they can also be terrific! Come out and meet other parents - learn new skills and build your confidence together.

The program was developed by 3 Cheers for the Early Years, Alberta Health Services in collaboration with Families Matter Society, so you know it is information you can trust. *Terrific Toddlers* has been tested and approved by parent educators and parents. Classes are offered by a number of agencies in and around Calgary (see below).



*Terrific Toddler* classes give you will have the opportunity to:

- understand your toddler and yourself
- learn how to keep your toddler healthy and safe
- learn positive parenting skills you can use everyday to help foster your toddler's development - skills you can build on and skills you can use forever.
- learn fun ways to interact with your toddler
- learn ways of taking care of yourself too

For times and locations of classes in Calgary, contact:

- Attachment Parenting Canada:  
<http://www.attachmentparenting.ca/Terrifictoddlercourse.html>
- Families Matter:  
<http://www.familiesmatter.ca/> or phone 403-205-5178
- PACT (Parents and Children Together)  
<http://www.pact.9f.com/> or phone 403-241-8544

