

What are parents saying about the course?

- *“Excellent program, lots of helpful information! Good leaders.”*
- *“Lively, informative, and involving.”*
- *“I found that talking to other parents was very helpful. It made me realize that I am not alone and a lot of what I am experiencing is perfectly normal.”*
- *“I thought the program was excellent. I learned a lot of valuable information to help make myself a better parent.”*

Infant-Parent Program
Chedoke Child & Family Centre
McMaster Children’s Hospital
Hamilton Health Sciences



COPEing

with

Toddler

Behaviour

An 8-session
Course
For Parents of
12- to 36-month-
olds

General Information About C.O.P.E.

COPE courses have been developed as part of the Community Education Service at Chedoke Child and Family Centre, McMaster Children’s Hospital. The Community Education Service provides training and information to communities and organizations that are interested in offering evidence-based parenting courses. For more information about the COPE program, including our research bibliography, visit our website at www.communityed.ca

“We recognize the Government of Ontario for its financial support of the COPEing with Toddler Behaviour brochure.”

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Is this course for me?

The course is specially designed for parents who wish to learn about encouraging and nurturing a good relationship with their child, use positive behaviour management strategies to promote positive behaviour, and talk with other parents.



What will I learn?

Among other things, parents will learn about:

- Positive behaviour – What is it and how can I encourage it?
- Challenging behaviour – How can it be prevented?
- How can I cope with challenging behaviours?
- *How can I problem-solve difficulties?*
- *Personality – What kind of person is my toddler?*
- *Are all toddlers the same?*
- *Support – Why is it important & how can it help?*
- *Resources – What is available in the community to help families?*

What will the course offer?

The course runs once a week for eight weeks. Each session is two hours long. The course uses videos, discussions, and skill-building exercises. With guidance from group leaders, parents work together on solutions to parenting challenges, and share ideas. Parents are encouraged to try out the different suggestions and strategies at home between sessions.

The course is offered three times a year at various community locations, and at different times of the day.

At the end of the course, you will receive a “Certificate of Completion” for your participation. We do not provide parenting or child assessments through this course.

The course is run by professionals from the Infant-Parent Program, McMaster Children’s Hospital, Hamilton Health Sciences.

What if I miss a session?

Each session builds on the previous session, so it is important to attend all eight sessions. Please speak to one of the leaders if you need to miss a session.

Is there anything else I need to know?

Babysitting services

Parents are responsible for own child care.

Transportation

Parents are expected to arrange their own transportation to the course.

Cost

The course is offered completely free of charge.

How can I register?

To register, please call
St. Clair Child & Youth
Services,
(519) 337-3701



Our research shows that “COPEing with Toddler Behaviour” can improve your parenting knowledge and reduce the stress you feel as a parent.