

Thinking big with parents

TAKING ACTION FOR POSITIVE PARENTING



ACTING ON THE NEEDS EXPRESSED BY PARENTS!

This document outlines action avenues for six categories of needs identified by parents across the Eastern Townships.

1. PARENTAL EXPERIENCE
 2. PARENTING PRACTICES
 3. ECONOMIC AND PROFESSIONAL ENVIRONMENTS
 4. DAYCARES
 5. SCHOOLS
 6. OTHER RESOURCES IN THE COMMUNITY
- The action avenues for these two categories have been grouped together.

Background

In the spring of 2024, the Collectif estrien 0-5 ans and R3USSIR undertook a consultation with parents of children aged 0-8 to better grasp their current needs associated with parenting. The needs they expressed were classified into six broad categories. In May 2024, an event bringing together parents and stakeholders helped pinpoint promising avenues for collective action to better support parents in the Eastern Townships. This document summarizes the action avenues identified in each category.

To find out the needs expressed by the parents, [see the information sheets](#).

[See the Eastern Townships information sheet](#).



Who is this document for?

It's for anyone concerned by the needs of families, whether they belong to the early childhood, academic, community, municipal, government, health and social services or employment sectors.

An initiative of:



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BEFORE GETTING STARTED

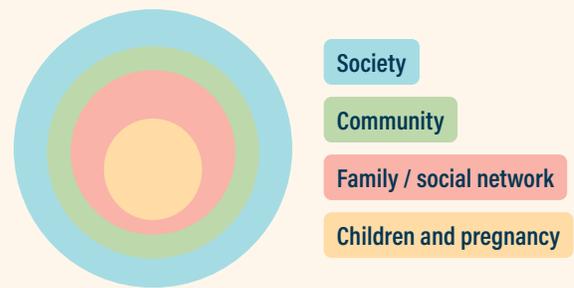
REMINDER OF THE 10 NEEDS PRIORITIZED BY PARENTS:

1. Screen management;
2. The difficulty of creating a community;
3. Emotion management;
4. The stress, pressure and feeling of having to be perfect;
5. Lack of spots in daycares;
6. Discipline management;
7. Work-life balance;
8. Violence and bullying at school;
9. Being judged by other adults;
10. Housing costs.

** To find out more, see the information sheets.*

Working together

To be effective, action must focus on all the systems surrounding children and their families. This document sets out a number of action avenues that fall under the following systems:



To take effective action on all systems, it is crucial to work collaboratively to better support parents. By pooling the efforts of different sectors, such as education, early childhood, health and social services, employment, municipal, governmental, etc., we can offer more comprehensive support tailored to the needs of families.

A FEW QUESTIONS TO PONDER AS YOU READ!



- ❓ What is already being done in my community?
- ❓ Are our current actions meeting the needs prioritized by parents?
- ❓ What could be reinforced, introduced or improved?
- ❓ How can we act on all systems (children, pregnancy, family, social circles, community, society)?
- ❓ What more can be done?
- ❓ With whom would it be possible to collaborate and join forces?
- ❓ What can be done to make sure everyone has the same opportunities?

WHICH SECTIONS TO EXPLORE?



CATEGORY OF PARENTS' NEEDS	WHAT TO ADDRESS?
<ol style="list-style-type: none"> 1. PARENTAL EXPERIENCE 2. PARENTING PRACTICES 	<ul style="list-style-type: none"> • Taking action for positive parenting p. 4 • Positive emotional environment p. 5 • Rallying the community to support early childhood p. 5 • Community organizations supporting early childhood development p. 6 • Social norms supporting the well-being of children and their families p. 7
<ol style="list-style-type: none"> 3. ECONOMIC AND PROFESSIONAL ENVIRONMENTS 	<ul style="list-style-type: none"> • Fighting poverty and supporting employment p. 8
<ol style="list-style-type: none"> 4. DAYCARES 	<ul style="list-style-type: none"> • Educational childcare services tailored to the needs of children and their families p. 9
<ol style="list-style-type: none"> 5. SCHOOLS 	<ul style="list-style-type: none"> • Universal, accessible and high-quality education p. 10
<ol style="list-style-type: none"> 6. OTHER RESOURCES IN THE COMMUNITY 	<ul style="list-style-type: none"> • Municipal sector actively addressing early childhood p. 13 • Transportation adapted to the needs of children and their families p. 14 • Housing conditions adapted to the needs of children and their families p. 14 • Universal, accessible and high-quality health and social services p. 15 • Public policies adapted to the needs of children and their families p. 16





1. PARENTAL EXPERIENCE | 2. PARENTING PRACTICES

WHAT TO ADDRESS?

Taking action for **POSITIVE PARENTING**

HOW TO ADDRESS IT?

A FEW ACTION AVENUES!

Awareness, education and training workshop for parents, stakeholders and grandparents:

- Managing emotions and screens (children and parents);
- Discipline management;
- Child development;
- Communication and literacy;
- Parents' role and realities.



Workshop to raise awareness about and promote parents' role

- Parents' real needs and realities: There are no perfect parents!;
- Fathers' involvement.



Set up activities tailored to parents' needs, as well as intergenerational activities.



- **Set up:**
 - Compulsory classes for parents (e.g., parenting classes, with the same format as perinatal classes);
 - Podcasts, workshops, video clips, fun tools, and activities;
 - Initiatives that allow for modelling and mirroring;
 - Opportunities to share with other families.
- **Create a *Mieux vivre* with your child aged 5 and above.**

- **Set up:**
 - Workshops, tools, informative videos and podcasts;
 - Awareness-raising and promotion campaigns;
 - Workshops on the needs of families with special needs children.

- **Create:**
 - Workshops on valuing and respecting the role of parent, together with grandparents;
 - A *Naître et grandir* initiative for 2-8-year-olds;
 - Initiatives to support babysitting by family members;
 - Informal daycare networks;
 - Information capsules.
- **Greater use of Facebook.**



TYPES OF STRATEGIES:



Support parenting skills.



Support skill development for professionals.



Create positive environments.



Strengthen the social fabric.



Adapt services.



1. PARENTAL EXPERIENCE | 2. PARENTING PRACTICES (CONTINUED)

WHAT TO ADDRESS?

POSITIVE emotional environment

HOW TO ADDRESS IT?

Availability and use of physical and information resources needed to care for children.



Use of available social support.



A FEW ACTION AVENUES!

- Provide parents with a list of reliable websites and existing services.
- Implement strategies to encourage parents to use the services.

- Set up:
 - Father/peer helper networks and peer twinning;
 - Sharing circles.

WHAT TO ADDRESS?

Rallying the community to support **EARLY CHILDHOOD**

HOW TO ADDRESS IT?

Recognition and appreciation of the role of parent within the community.



Parents helping parents:

- Breastfeeding, compassionate communication, violence and bullying.



Respect and sensitivity toward the realities of cultural communities.



Support for volunteering.



Encourage collaboration between families, stakeholders, daycares and schools.



A FEW ACTION AVENUES!

- Encourage and expand recognition as a child-friendly municipality - Espace MUNI.

- Create:
 - Discussion forums for parents to share about their needs;
 - Discussion groups, with or without experts.
- Bring back the **Block Parent** initiative.
- Create more opportunities to connect with other people (e.g., Neighbours' Day).

- Carry out initiatives such as Espace Parents (parenting in migrant contexts).

- Encourage parent-led initiatives.

- Create positions for liaison officers and permanent liaison officers.
- Encourage events that bring together partners from all walks of life.
- Create nurturing communities around CPEs (childcare centres).

TYPES OF STRATEGIES:



Support parenting skills.



Support skill development for professionals.



Create positive environments.



Strengthen the social fabric.



Adapt services.



1. PARENTAL EXPERIENCE | 2. PARENTING PRACTICES (CONTINUED)

WHAT TO ADDRESS?

Community organizations supporting early **CHILDHOOD DEVELOPMENT**

HOW TO ADDRESS IT?

Promote value on local work.



Support services to develop parenting skills.



Awareness and recognition of services.



Spaces and networks for family interaction.



Efforts to improve service inclusiveness.



A FEW ACTION AVENUES!

- Make sure all families are reached.
- Create tools on different themes.
- Encourage initiatives such as community kitchens, food banks, Marraine Tendresse (at-home respite program for new mothers) and Big Brothers Big Sisters.
- Create a service directory.
- Set up:
 - Informal opportunities for parent-to-parent interaction;
 - Activities that help create bonds between adults.
- Extend services to a wider range of client groups.
- Have a caring, supportive environment for families facing unexpected challenges.
- Offer drop-in daycare centres.



TYPES OF STRATEGIES:



Support parenting skills.



Support skill development for professionals.



Create positive environments.



Strengthen the social fabric.



Adapt services.

1. PARENTAL EXPERIENCE | 2. PARENTING PRACTICES (CONTINUED)



WHAT TO ADDRESS?

Social norms supporting the well-being of **CHILDREN AND THEIR FAMILIES**

HOW TO ADDRESS IT?

Involvement and participation of parents and children.



Recognition and appreciation of the role of parent within the community.



A FEW ACTION AVENUES!

- Work with and support parent partners across all environments in which children live and grow.
 - Highlight wins.
 - Create opportunities for mirroring and modelling.
 - Consult and involve children: take their experiences/perspectives into account.
-
- Launch promotional campaigns and government publicity.
 - Normalize parenthood: talk about vulnerabilities, challenge paradigms.
 - Raise awareness of the lifelong importance of early childhood.
 - Place value on the role of father.
 - Promote keeping things simple.



TYPES OF STRATEGIES:



Support parenting skills.



Support skill development for professionals.



Create positive environments.



Strengthen the social fabric.



Adapt services.



3. ECONOMIC AND PROFESSIONAL ENVIRONMENTS

WHAT TO ADDRESS?

FIGHTING POVERTY and supporting employment

HOW TO ADDRESS IT?

Awareness-raising, education and training activities:

- Financial literacy
- Sound consumer practices (food and clothing).



Awareness-raising, education and training activities for employees and employers on the topic of work-family balance.



Establishment of work-family balance measures.



A FEW ACTION AVENUES!

- Introduce fun family activities.
- Organize workshops: better grocery management, inexpensive brands, recipes, etc.
- Set up family swap initiatives (second-hand items) and networking.
- Include a financial-literacy page in the From Tiny Tot to Toddler guide.

- Set up workshops on the rights and duties of employers and employees, and on labour standards.
- Make employers aware of the different realities of families, the role of the father, the benefits of work-family balance, etc.
- Establish a pilot project with influential employers to promote work-family balance measures.

- Promote the Concilivi seal.
- Develop a seal to certify work-family-balance friendly employers (e.g., parc-horzone.com/lancement-de-la-nouvelle-norme-iso-famille)
- Promote workplace childcare.
- Design workplaces to promote positive mental health (e.g., outdoor dining areas, rooftop gardens, safe outdoor environments).
- Regulate the right to disconnect.
- Support the compensation of absences due to medical appointments.
- Innovate with measures to facilitate work-family balance.
- Develop a charter for family-friendly businesses and organizations.

TYPES OF STRATEGIES:



Support parenting skills.



Support skill development for professionals.



Create positive environments.



Strengthen the social fabric.



Adapt services.



4. DAYCARES

WHAT TO ADDRESS?

Educational childcare services **TAILORED TO THE NEEDS** of children and their families

HOW TO ADDRESS IT?

A FEW ACTION AVENUES!

Awareness-raising and training for stakeholders on various topics, including openness to diversity.



- Offer workshops on the realities of parents:
 - Parents' role;
 - Soft skills;
 - The realities of vulnerable families, immigrant families and asylum seekers;
 - Inclusion of fathers;
 - The realities of adoptive parents;
 - Use of tools (fine motor skills);
 - Managing emotions.

Collaboration with parents.



- Offer parent-child educational activities.
- Involve parents in decisions and initiatives.

Adapted daycare facilities.



- Greening the environment.
- Facilitate access to a bus stop.
- Provide space for bicycles and strollers.
- Create community gardens.
- Set up lending/swap spaces (e.g., clothing, accessories, books, games).
- Optimize access to healthcare services (e.g., social pediatrics).

CPE-family-community collaboration.



- Follow up on community overviews (portraits) and make sure that the CPE helps parents with transitions: language issues, communication with community organizations, development of fun, well-adapted tools, and dialogue with cities.

Services adapted to the realities of families.



- Support a diverse food selection: organic, vegetarian, etc.
- Recover unsold items.
- Adapt opening hours: longer and more available in the evening.
- Offer part-time opportunities.

TYPES OF STRATEGIES:



Support parenting skills.



Support skill development for professionals.



Create positive environments.



Strengthen the social fabric.



Adapt services.



5. SCHOOL ENVIRONMENTS

WHAT TO ADDRESS?

Universal, **ACCESSIBLE AND HIGH-QUALITY** education

HOW TO ADDRESS IT?

Awareness-raising, education and training activities for school staff on various themes:

- The realities of parents;
- Respect and compassion;
- Importance of siblings;
- Unstructured and risky (adventurous) outdoor play areas;
- Children with special needs;
- The realities of cultural communities;
- Impact of screens;
- Communication about violence;
- Best practices for reaching parents;
- The role of the school in relation to what happens outside the school.



A FEW ACTION AVENUES!

- Encourage parent involvement.
- Raise awareness of educational success among parents and stakeholders.
- Allow and promote risky play, and provide related training to stakeholders.
- Encourage civic participation.
- Include daycare staff in the training offered to teachers.
- Improve support for the school's daycare service.
- Equip and train bus drivers.

Favourable conditions for school-family-community collaboration.



- Encourage diverse partnerships.
- Encourage extracurricular activities, in partnership with organizations.
- Encourage various activities that ease the first transition to school.
- Create more opportunities for ties between traditional schools and homeschooling parents.
- Identify a person responsible for community ties in school service centres.
- Free up staff to take part in consultations, projects and local committees.
- Increase the presence of community organizations in rural areas.
- Offer activities between schools within the same city: francophone and anglophone, privileged and disadvantaged.
- Take concerted action between the school, family and community in the case of children with special needs.
- Establish cooperation mechanisms with the municipality.
- Encourage networking between parents: transportation, sharing of personal experiences, etc.
- Set up homework evenings with parents and times when they are welcomed.

TYPES OF STRATEGIES:



Support parenting skills.



Support skill development for professionals.



Create positive environments.



Strengthen the social fabric.



Adapt services.



5. SCHOOL ENVIRONMENTS (CONTINUED)

WHAT TO ADDRESS?

Universal, **ACCESSIBLE AND HIGH-QUALITY** education (CONTINUED)

HOW TO ADDRESS IT?

Environments that help young mothers stay in school.



Promotion of healthy eating.



Favourable physical layout.



Better access to specialized resources.



Improved daycares.



A FEW ACTION AVENUES!

- Increase the number of drop-in daycare centres in CEGEPs and universities.
- Encourage flexible working hours for student parents.
- Work with grocery stores to ensure food safety.
- Prioritize nearby local resources (e.g., farmers, organizations).
- Take advantage of the knowledge of our local farmers to talk about food.
- Promote free healthy food for children.
- Use schoolyards as nursery forests.
- Open school parks to citizens outside school hours.
- Use the city's infrastructure and go beyond the classroom.
- Increase the number and use of green classes.
- Beautify schools, school parks and school libraries: lighting, greenery, furniture, etc.
- Promote service equity (proportionate universalism).
- Offer more help to children with special needs and their parents.
- Provide access to school psychologists for parents.
- Ensure the presence of a nurse in each school.
- Standardize schedules between regular schools and points of service for children with special needs.
- Improve daycare services, particularly in disadvantaged areas.
- Highlight value on the role of educators.

TYPES OF STRATEGIES:



Support parenting skills.



Support skill development for professionals.



Create positive environments.



Strengthen the social fabric.



Adapt services.



5. SCHOOL ENVIRONMENTS (CONTINUED)

WHAT TO ADDRESS?

Universal, **ACCESSIBLE AND HIGH-QUALITY** education (CONTINUED)

HOW TO ADDRESS IT?

Communications tailored to parents' realities.



A FEW ACTION AVENUES!

- Use simplified communication with parents and train staff accordingly.
- Adapt information to better understand the school journey in general.
- The importance of teamwork: clarify the roles of parents and teachers.
- Increase the frequency of parent-teacher communication.
- Draw up a list of resources for parents.

Adapting practices.



- Encourage learning through play.
- Implement the Passe-Partout program universally.
- Have more positive intervention initiatives.
- Encourage peer support within the school (e.g., 6th graders helping to bring children to the bus) and encourage children's collaboration.
- Support the implementation of homework assistance programs in collaboration with local organizations (e.g., Ateliers porte-clés)
- Better support parents in helping with homework.



TYPES OF STRATEGIES:



Support parenting skills.



Support skill development for professionals.



Create positive environments.



Strengthen the social fabric.



Adapt services.



6. OTHER RESOURCES IN THE COMMUNITY

WHAT TO ADDRESS?

Municipal sector actively **ADDRESSING EARLY CHILDHOOD**

HOW TO ADDRESS IT?

Promoting citizen involvement.



Land use planning that supports parenting.



Fostering more intergenerational dialogue.



Improved safety.



Accessible, family-friendly services.



A FEW ACTION AVENUES!

- Offer cooperative day camps with parents.
- Promote “for and with” activities.
- Set up parent-child walking groups.
- Add community stakeholders.

- Limit food deserts and increase community gardens.
- Support park budgets in disadvantaged neighbourhoods.
- Have a “family” filter when drawing up urban plans.
- Promote “route du lait” breastfeeding accreditation.

- Set up parks and sites for people of all ages.
- Open up air-conditioned facilities.

- Ensure the presence of peace officers in parks.
- Increase parks’ vitality.
- Optimize playground safety.
- Reduce speed limits on streets.

- Provide access to more special education technicians in day camps.
- Offer more day camps for 4-year-olds.
- Improve swimming pool accessibility.
- Have libraries adapted for different ages, with staff.
- Rent out premises to encourage initiatives (e.g., daycares, parents).

TYPES OF STRATEGIES:



Support parenting skills.



Support skill development for professionals.



Create positive environments.



Strengthen the social fabric.



Adapt services.



6. OTHER RESOURCES IN THE COMMUNITY (CONTINUED)

WHAT TO ADDRESS?

Transportation adapted to the needs of **CHILDREN AND THEIR FAMILIES.**

HOW TO ADDRESS IT?

Expand public transit options.



Improve the offer of active transportation.



A FEW ACTION AVENUES!

- Establish initiatives to improve access for people with strollers.
- Have more Communauto service points.
- Offer fare exemptions.
- Improve service: routes, frequency, punctuality, etc.
- Set up a platform to make carpooling easier.

- Make electric bikes more accessible.
- Find solutions for isolated areas.

WHAT TO ADDRESS?

Housing conditions adapted to the needs of **CHILDREN AND THEIR FAMILIES.**

HOW TO ADDRESS IT?

Awareness-raising, education and training activities for parents and landlords.



Housing affordability.



A FEW ACTION AVENUES!

- Introduce activities on rights and duties (landlords and tenants).
- Create tools and activities to support tenants in defending their rights.
- Offer activities to raise awareness of the realities and diversity of families as well as discrimination.

- Increase access to cooperative housing, low-cost housing (HLM), and other affordable housing solutions.



TYPES OF STRATEGIES:



Support parenting skills.



Support skill development for professionals.



Create positive environments.



Strengthen the social fabric.



Adapt services.



6. OTHER RESOURCES IN THE COMMUNITY (CONTINUED)

WHAT TO ADDRESS?

Universal, **ACCESSIBLE AND HIGH-QUALITY** health and social services

HOW TO ADDRESS IT?

Awareness-raising, education and training for stakeholders and parents on a variety of topics:

- The realities of families;
- Teaming up with parents;
- Realities of rural areas;
- Positive intervention;
- The importance of prevention;
- Realities of cultural communities;
- Child development.



Collaboration with other stakeholders in the community.



Offer support to parents, especially those with children who have special needs.



Access to information, care and services adapted to the needs of babies and their families.



A FEW ACTION AVENUES!

- Involve parents and support them in their practices.
- Demystify the role and impact of the Direction de la protection de la jeunesse for families.
- Improve:
 - Knowledge of available services;
 - Knowledge of access procedures and referral processes.
- Raise awareness of the importance of grandparents' role.

- Develop or promote approaches focused on doing things together.
- Promote social pediatrics.
- Set up intersectoral clinical committees in all local service networks (RLS).
- Identify key stakeholders.

- Establish a parent hotline.
- Offer respite to parents.
- Raise awareness of the realities of family caregiving for children with special needs.
- Increase flexibility in informal caregiver programs.

- Provide emotional support in hospital and elsewhere following childbirth.
- Offer in-home support for new parents.
- Provide greater support to the parent, especially in the case of a baby with special needs.
- Provide brief, one-off interventions, without requiring followup with a professional.
- Encourage direct contact.
- Support new parents during the prenatal and postnatal periods.

TYPES OF STRATEGIES:



Support parenting skills.



Support skill development for professionals.



Create positive environments.



Strengthen the social fabric.



Adapt services.



6. OTHER RESOURCES IN THE COMMUNITY (CONTINUED)

WHAT TO ADDRESS?

Universal, **ACCESSIBLE AND HIGH-QUALITY** health and social services (CONTINUED)

HOW TO ADDRESS IT?

Offer local services.



A FEW ACTION AVENUES!

- Create a mobile unit to serve more remote locations.
- Draw inspiration from the open-plan model in developing walk-in services.
- Promote the presence of nurses in daycares.
- Promote access to family doctors and neighbourhood clinics.
- Come back to CLSC approaches.

Better access to services.



- Promote faster access to services when problems are detected.
- Enable greater flexibility in services.
- Open the Parent'aise program to parents without referrals.
- Expand the range of private and public sector services.
- Provide better access to an *intervenant pivot* (key liaison professional).
- Clarify and improve the service entry point.
- Reduce the red tape surrounding programs.
- Improve access to English-language services.
- Extend service hours.

Adapting practices.



- Counter stigmatization: vulnerable clientele, immigrants, etc.
- Go beyond meetings to offer parental support activities (e.g., *Ma cabane à l'école*, dans le Val-Saint-François).
- Offer services to parents as opposed to mothers alone.
- Offer more services beyond the 0-5 age group.
- Draw inspiration from the *Bébé truc* model in relation to child development.
- Explain the *Agir tôt* program at the beginning of the year, in person.
- Offer more services like *Le Tandem* (social pediatrics).
- Remove or limit the principle of having to make an appointment.
- Incorporate forest baths into care practices.

TYPES OF STRATEGIES:



Support parenting skills.



Support skill development for professionals.



Create positive environments.



Strengthen the social fabric.



Adapt services.



6. OTHER RESOURCES IN THE COMMUNITY (CONTINUED)

WHAT TO ADDRESS?

Public policies adapted to the needs of **CHILDREN AND THEIR FAMILIES**

HOW TO ADDRESS IT?

Exert influence to develop public policies adapted to the needs of children and their families.



A FEW ACTION AVENUES!

- Regulate screen and social media use.
- Adapt the Quebec Parental Insurance Plan program to the new realities facing parents.
- Regulate housing costs.
- Offer a tax credit to grandparents who look after their grandchildren.
- Review the definition of vulnerable and isolated families to harmonize public policies.
- Offer extended benefits for immigrant families.
- Promote professions and improve working conditions: teachers, nurses, early childhood educators.
- Provide sustainable funding for community organizations.
- Generalize Lab École practices.



TYPES OF STRATEGIES:



Support parenting skills.



Support skill development for professionals.



Create positive environments.



Strengthen the social fabric.



Adapt services.

TAKING ACTION!!

Would you like to help make the Eastern Townships a great place to be a parent? Not sure where to start? Here are a few questions to get you thinking. Every action counts: joining our efforts is the key in order to Think big with parents (and kids)!

WHAT TO ADDRESS?

What categories of needs would **YOU LIKE TO TAKE ACTION ON?**

- Parental experience
- Economic and professional environments
- Schools

- Parenting practices
- Daycares
- Other resources in the community

Among the needs expressed in the chosen category, which one(s) would you like to act on? (Consult the sheets of needs expressed by parents).

HOW TO ADDRESS IT?

Is anything currently being done to meet this need?

If so, how can these actions be enhanced?

Who can we join forces and collaborate with?

Are there any actions or initiatives that perhaps meet other needs, but that particularly inspire you?

What type(s) of strategy(ies) would you like to use?

- Support parenting skills
- Create favourable environments
- Adapt services

- Support skill development for professionals
- Strengthen the social fabric

MY ACTION AVENUES!

What action would you like to see implemented or improved?

What are the objectives or goals of the desired action?

In which system(s) is the desired action located?



Society

Family and social circles

Community

Children and pregnancy

Are parents involved in planning the action?

Are there any drivers or opportunities that could help implement the action?

Are there any barriers or issues that could slow down the implementation of the action?

What is your next step or commitment toward this action?

Is there one more concrete step that can be taken to go even further?

HEARTFELT THANKS

for getting involved and taking action to support parents and children in the Eastern Townships!



Analytical framework

The information gathered during the event was analyzed using four reference frameworks::

- 1 Les conditions de succès des actions favorisant le développement des enfants : état des connaissances, INSPQ, janvier 2014, p. 49.
- 2 Modèle de la parentalité favorable : Penser la parentalité au Québec : un modèle théorique et cadre conceptuel. https://agirtot.org/media/361541/LesCahiersDuCEI_DE_F_no3.pdf.
- 3 Ottawa Charter. <https://www.canada.ca/en/public-health/services/health-promotion/population-health/ottawa-charter-health-promotion-international-conference-on-health-promotion.html>.
- 4 The Ecosystemic Model: Bronfenbrenner, U. (1979). The Ecology of Human Development: Experiments by Nature and Design. Cambridge, MA.

THINKING
BIG
WITH
PARENTS
IN ESTRIE



ACKNOWLEDGMENTS

We would like to thank all the organizations that collaborated in the process, as well as all the parents who gave their time to participate. With gratitude from everyone at the Voir grand avec les parents team—thank you!

WHAT'S NEXT?

We hope this document is useful and that it will help support your decisions and actions to contribute to the well-being and quality of life of parents in our region.

For the Collectif estrien 0-5 ans and R3USSIR, this is a valuable source of information that will guide our actions for years to come.

**Have you signed the Charte estrienne
Voir grand pour nos enfants?**

Find out more and sign the charter at

ThinkingBigForOurChildren.ca



With the financial participation of:

