

## 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 Center, 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.comunityed.ca](http://www.comunityed.ca).

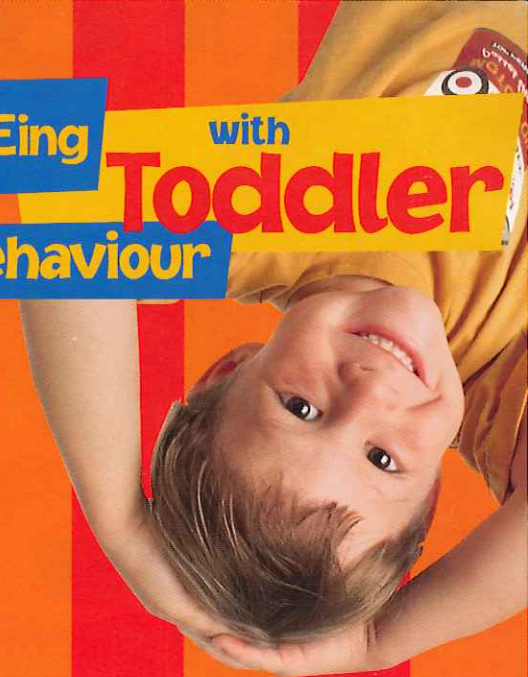
**“We recognize the Government of Ontario for its financial support of the COPEing with Toddler Behaviour brochure.”**

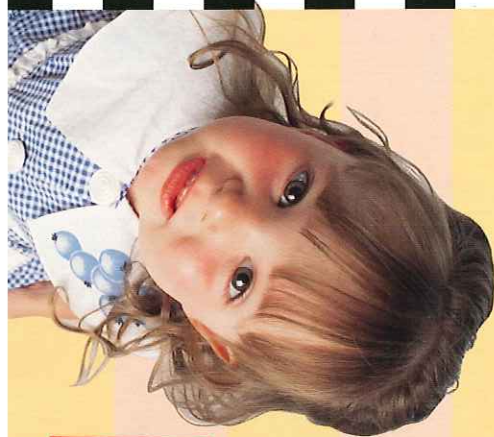
For more information, please call  
 (905) 521-2100 ext. 77418



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## Is this course for me?

If you are the parent of a 12- to 36-month-old child and wish to develop a strong, positive relationship, the answer is Yes. 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.

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

## Is there anything else I need to know?

### Babysitting services

Although we prefer that parents arrange for a family member or trusted friend to care for their children during this course, this may be hard for some parents. That's why we provide free baby-sitting services on site.

### Transportation

Parents are expected to arrange their own transportation to the course. Please let us know if you have any difficulty getting to the sessions. We may be able to help (e.g. provide bus tickets)

### Cost

The course is offered completely free of charge.

### How can I register?

To register, please call (905)521-2100 Ext. 77418.

