



# BOOKLET ORDER FORM

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Psychology Foundation of Canada  
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A program of the Psychology Foundation of Canada

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	Hands-On Dad: A Guide for New Fathers	\$1.00 each	
	Let's Play! A Child's Road to Learning	\$1.00 each	
	You and Your Preteen: Getting Ready for Independence	\$1.00 each	
	Focus on Self-Esteem: Nurturing Your School-Age Child	\$1.00 each	
	Kids Can Cope: Parenting Resilient Children at Home and at School	\$1.00 each	
	Straight Talk About Teens - Realistic Ideas & Advice for Parents of Older Teenagers	\$1.00 each	
	<i>Parenting the School-Age Child 7-12 years old - Guide Book</i>	\$80.00 each	

## FRENCH BOOKLETS AND POSTERS

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# PARENTING FOR LIFE

A program of the Psychology Foundation of Canada

**Parenting for Life** is an award-winning, not-for-profit education program promoting positive parenting skills and the well-being of families. This unique initiative includes booklets and posters prepared by the writers and editors of *Today's Parent* in collaboration with psychologists at the Psychology Foundation of Canada and proudly supported by Kodak Canada Inc.

## **Yes, You Can! Positive Discipline Ideas for You and Your Child**

A 48-page, full-colour booklet designed to support families with young children (toddler to ten) in the challenging area of discipline. This booklet is filled with tips and examples parents can adapt to everyday life to help their children grow into healthy, responsible, caring adults.

## **Hands-on Dad: A Guide for New Fathers**

This 40-page reader-friendly booklet encourages new fathers to get involved with their baby during the critical postpartum period. The booklet helps dads understand and care for their newborn, support their partner after birth and enjoy their experience as a parent.

## **Let's Play! A Child's Road to Learning**

For parents of children aged two to eight, this 48-page, full-colour booklet explores the learning value of creative play and its role in children's development. This booklet provides simple and inexpensive ways for parents to enhance their children's play experience.

## **You and Your Preteen: Getting Ready for Independence**

This limited edition booklet provides insight on the difficulties of surviving puberty as the children grow into adulthood. More importantly, the booklet provides several strategies to help the child and parent on how to successfully nurture independence while encouraging a sense of self.

## **Focus on Self-Esteem: Nurturing Your School-Age Child**

This latest addition to our Parenting for Life series focuses on the roots of self-esteem and the fostering of positive communication skills between parents and children. The booklet explores how activities, friends and successes at school can help build a child's self-esteem.

## **Kids Can Cope: Parenting Resilient Children at Home and at School**

This booklet demystifies the concept of resiliency and helps parents understand how resiliency develops in children. Real-life anecdotes help illustrate how parents can help build children's resiliency in the course of everyday interaction.

## **Parenting the School-Age Child 7 - 12 years old - Guide Book**

A resource for professionals working with parents and families to give them the knowledge and skills to adapt new strategies in order to promote their child's independence and self esteem.

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