

For Families:

Middle Years Parent/Caregiver Survey: Parents, caregivers, families, and communities play a large role in supporting kids as they grow and develop. The Ministry of Children and Youth Services is interested in learning more about what supports you as a parent or caregiver to support your kid's development during the middle years (age 6-12), and where you have faced challenges. Please consider completing this [survey](#)

Helicopter parents – why kids should take risks: Kids need to learn to do things for themselves. And they need to learn by taking some risks and making mistakes. If they aren't given these chances, when will they grow up? It can get to the point where kids become so reliant on their parents doing things for them that they can't make decisions for themselves. Visit triplep-parenting.ca for information on this popular subject and many more! Triple P offers help to parents/caregivers individually, in group sessions, or by taking the online parenting course. Contact the LGL District Health Unit for more information: 1-800-660-5853.