



inConfidence

May feature – Parenting

Whether you're a new parent, a single parent, or part of a couple raising a blended household of lively teenagers, you can likely use some support and tips from time to time. **inConfidence** can help with all your parenting concerns, and offer information and resources so your family can thrive.

Contact **inConfidence** any time, 24/7, to connect with a caring, experienced consultant for advice and tips you can put into practice today.

This month, log in to www.myinconfidence.ca to find expert resources:

- Listen to a **NEW** podcast, [Holding a Family Meeting](#). A leading expert talks about the value of family meetings for children, parents, and extended family, and shares tips on how to hold one.
- Access a 32-page e-book for new and expectant parents, [Becoming a Parent](#), or visit our [Life Changes](#) pages, [New Baby or Starting a Family](#) and [Stages of Parenthood](#), for a wealth of articles and resources.
- Read articles, such as: [Staying Strong as a Couple After Having a Baby](#), [Building Your Child's Self-Esteem](#), [Helping Children Grow Into Healthy Adults](#), [Raising a Child as a Single Parent](#), [How to Unspoil Your Child](#), or [Building a Good Relationship With Your Teenager](#).

Remember: Being a parent can be both a nerve-wracking challenge and the most rewarding adventure of your life. Preparation, knowledge, and confidence can help you be successful in the role.

Call inConfidence toll-free, any time: 1-877-418-2181

TTY: 1-877-371-9978

You can also visit www.myinconfidence.ca
(username: NSSBA; password: inconfidence).

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