



## Media Release

### Media Contact:

Beth Williams, Communications Manager

[beth@ourkidsnetwork.ca](mailto:beth@ourkidsnetwork.ca)

905-635-0728 or 905-630-5263

For immediate release

February 15, 2018

## Halton iparent Information Hub

### One of Our Kids Network's Many Resources for Families

**Halton iparent and Information Hub provide online support and valuable information to build parenting skills**

With Family Day (Monday, February 19) approaching, Our Kids Network wants to remind parents, other caregivers, and everyone that strong families are an essential part of a healthy community.

Our Kids Network ([ourkidsnetwork.ca](http://ourkidsnetwork.ca)) is a Halton-wide partnership of organizations and agencies serving children and youth. One of the ways OKN supports kids and the people who care for them is through the Halton iparent website ([haltoniparent.ca](http://haltoniparent.ca)).

"The Information Hub, a part of Halton iparent, is filled with educational and informative videos, PDFs and other resources," says Our Kids Network director Elena DiBattista. "No matter what shape or size a family is, they all need different kinds of information and support. The Information Hub is available anytime and that makes it convenient for busy parents."

In the "Information Hub" in iparent, resources are listed under one of 11 topic areas, including mental health, sleep, nutrition, transitions, and challenging behaviours. These extensive listings offer links to other recommended websites and videos, as well as suggestions of books to read.

Halton iparent offers searchable listings on agency and program descriptions, dates and times, and maps to show their location in Halton. The programs range from programs for expectant parents, to after-school drop-ins, to discussion groups for parents of teens.

"I hope the adults in our community – the people who shape our children and youth – will seek out the information and help they need," DiBattista says. "At Our Kids Network, it's our job to bring helpful, trusted resources together in one place to make looking for and getting support just a little bit easier."

-end-

Our Kids Network is a Halton-wide partnership of organizations and agencies serving children and youth. We identify and act on issues so agencies and individuals can be in sync, supportive, and effective in reaching the best possible solutions for children, youth, and their families.

[www.ourkidsnetwork.ca](http://www.ourkidsnetwork.ca)