

# Childcare and Parenting



**As a parent, one of the most important and complex tasks a person can have—raising a child. Do you occasionally feel overwhelmed? Do you question whether you are doing the right things? With helpful tools, support, and guidance, you can be the great parent you want to be—and ensure your children grow up to reach their full potential.**

**Be the best parent you can be!**

- **Looking for parent coaching and support?**

- **Need child-related resources?** We do the research for you. (e.g. daycare, after-school care, school work assistance).
- **Blending families?** We'll assist you in creating a harmonious family structure.
- **Nurturing a child with special needs or gifts?** We'll help you to help your child excel.

**One call is all it takes to get started.**

Plan Smart empowers you with the information and support you need to be the best parent you can be. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

Call us to get started (translation to other languages available.)  
1.800.663.1142 | TTY: 1-888-384-1152 | Numéro sans frais - en français :  
1-866-398-9505 International (Call collect) : 604-689-1717

[www.homewoodhealth.com](http://www.homewoodhealth.com)



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1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our childcare specialists to call you and walk you through the types of support that you could benefit from—written materials, Internet resources, printed materials, and more.
3. We'll be in touch with you as much as you need when you're using the materials and help you build the confidence to solve almost any parenting challenge.

**If you ever feel uncertain about your parenting skills or whether you're doing what's best for your child, we can easily arrange counselling (face-to-face, over the phone, or through the Internet).**



**Plan Smart can change your life  
—and your child's!**

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