

**Register Today:**

(class size is limited)

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For more information, log on to:

[www.facfc.org](http://www.facfc.org)



Ohio Children's Trust Fund



Fairfield County Family, Adult and  
Children First Council

108 W. Main Street, Suite B  
Lancaster, Ohio 43130

Fairfield County



**Parent Education Classes**

Parenting Children  
Ages 1-12

# Helping Families Find Their Way

Fairfield County offers two of the nationally acclaimed Active Parenting video and discussion programs by parenting expert Dr. Michael Popkin:

## [1,2,3,4 Parents!](#)

Parenting Children Ages 1-4

## [Active Parenting Now \(in 3\)](#)

Parenting Children Ages 5-12.



The entertaining and informative programs were designed to help parents raise responsible, cooperative children in today's society.

Each class is a 3-session series and is offered monthly throughout the year. Classes are two hours long.

Participants receive a free book and must complete all sessions in order to receive a certificate of attendance.



## [1,2,3,4 Parents!](#)

Parenting Children Ages 1-4

Parenting is the most important job you will ever have! Learn the fundamental skills and attitudes necessary for successful parenting in early childhood.

### Curriculum

#### Session I:

- Getting acquainted
- Parenting: A special job
- The ages and stages of development
- How will you parent?
- Building the bond between your child and you
- Activities to try at home

#### Session II:

- Share and tell
- How to use non-violent discipline skills
- Tips on avoiding accidents and problems
- The "A-C-T" of parenting
- About rules

#### Session III:

- Choices and consequences
- The power of encouragement

## [Active Parenting Now \(in 3\)](#)

Parenting Children Ages 5-12

You can become more successful at parenting! Learn ways to positively develop courage, responsibility, and self-esteem in your children.

### Curriculum

#### Session I:

- Styles of parenting
- Mutual respect and how to achieve it
- "Method of choice"
- Handling problems
- Cooperation
- Active communication

#### Session II:

- Teaching responsibility
- Effective discipline techniques
- "I" messages
- Logical consequences
- Family meetings

#### Session III:

- Building courage and self-esteem
- The FLAC method of defusing power struggles
- Power of encouragement
- The BANK method of encouragement