

ACTIVE PARENTING First Five Years™

Building a Strong Foundation for Children from Birth to Age 5

Written by Michael H. Popkin, PhD with contributing authors Amanda Sheffield Morris, PhD, IMH-E®; Ruth Slocum, LCSW, IMH-E®, and Laura Hubbs-Tait, PhD

Your child's first few years are so important! Learn how to make the most of them with *Active Parenting: First Five Years*, a program for parents and other caregivers. Written by parenting expert (and dad) Dr. Michael Popkin, this course will show you how to nurture your child with a "just right" combination of freedom and nonviolent discipline. Help your kids start strong—sign up today!

Here's what you'll learn:

- What a baby's cry means
- Ages and stages of development
- Building a strong bond
- Your child's growing brain
- Using mindfulness to keep your cool
- Effective discipline young children can understand
- Choices and consequences
- 6 ways to prepare your child for school success

and much more!



Fairfield County
ADAMH 
Mental Health & Recovery Matter

For more information and sample videos, go to www.ActiveParenting.com/FFY-parents

Sign up today! Date: July 9th, 14th & 23rd

Time: 10:00 am-12:00pm

Sponsored by: Fairfield County Family and Children First Council **FREE TRAINING!!!!**

Location: 831 College Avenue, Lancaster OH Agricultural Center Conference Room B (East Half)

To register, contact: Laurie Clark

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E-mail: laurie.clark@fairfieldcountyohio.gov

Other details: Presented by Parent Educator, Stephanie Loudon. Enrollment Starts today!!