

## **Fairfield County** Mental Health & Recovery Matter

## 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

Pour 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

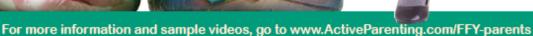
## Here's what you'll learn:

- 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









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 Agricutural Center Conference Room B (East Half)

To register, contact: Laurie Clark

Phone: 740-652-7285 E-mail: laurie.clark@fairfieldcountyohio.gov

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