

Thank you to our sponsors:

## For more information

### Contact:

Fairfield County Family, Adult  
and Children First Council

831 College Avenue  
Lancaster, Ohio 43130

740-652-7287  
www.facfc.org



## Fairfield County Parent Education Classes



**Parenting can be  
challenging -  
Let us help!**



We offer these **FREE** classes:

**First Five Years**

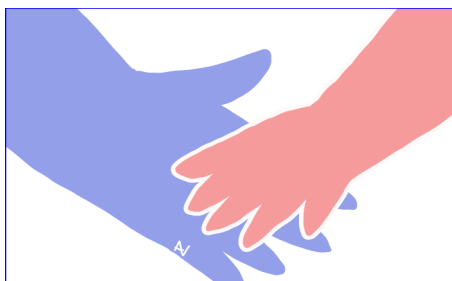
**Triple P**

**Active Parenting**

**Active Parenting for Stepfamilies**

**Loving Solutions**

**Parent Project**



**Active Parenting for Stepfamilies**

**NEW!**

**Parenting Children in  
Blended Families**

- Addressing the special needs and circumstances that emerge when stepfamilies form
  - Blending different cultures and histories
  - Establishing new relationships
  - How to start smiling with your kids again!
- 4-week series / 2 hours each week

## Which class is right for you?

**First Five Years**

**Parenting Children Ages Birth-5**

- Ages and stages of development
  - How will you parent?
  - Parent/child bonding
  - Choices and consequences
  - Activities to try at home
- 3-week series / 2 hours each week

**Triple P Seminars, Workshops  
& Primary Care**

**Parenting Children Ages Birth-10**

- Seminars
- Power of positive parenting techniques
  - What causes kids' behaviors
  - Setting goals for change
- 5-week seminar series / 2 hours each week  
plus 3 one-on-one phone / in-person sessions

- Workshops
- Managing Fighting and Aggression
  - Dealing with Disobedience
  - Developing Good Bedtime Routines
  - Hassle-Free Outings with Children
- Individual workshops / 2 hours each

- Primary Care
- Separation Anxiety
  - Tantrums
  - Toilet Training
  - Sharing

These and more topics are available;  
consult 15-30 minutes individually with a  
facilitator to meet the needs of your family

**Active Parenting**

**Parenting Children Ages 5-12**

- Teaching responsibility
  - Discipline vs. punishment
  - Active Communication
  - Ways to help your child succeed in school
  - How to start smiling with your kids again!
- 4-week series / 2 hours each week

**Loving Solutions &  
Parent Project**

**Parenting Children Ages 5-10 & 12-18**

- Parent's guide to raising strong-willed and/or highly impulsive children
- Concrete solutions for tough kids
- Learn how to never argue with your child again!
- Improve school performance
- Stop unwanted behaviors
- Special application to ADHD / ADD issues
- Intervene in the most destructive adolescent behaviors including: truancy, drugs, runaways, media, violence, and more

Loving Solutions  
6-week series / 2.5 hours each week

Parent Project  
10-week series / 3 hours each week