

ACTIVE PARENTING First Five Years™

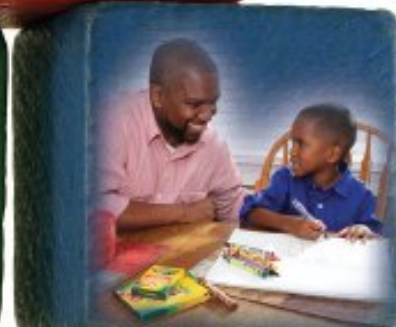
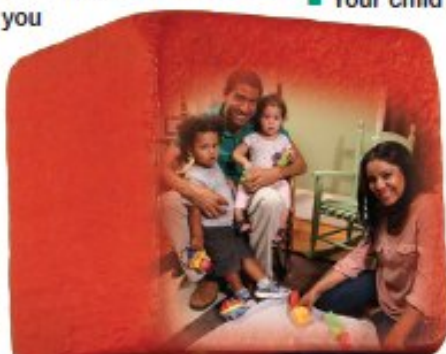
Building a Strong Foundation for Children from Birth to Age 5

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!



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

Sign up today! Date: May 12th, 19th & June 2nd Time: 1:00pm-3:00pm

Sponsored by: Fairfield County Family and Children First Council

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

To register, contact: Laurie Clark

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Other details: Enrollment Starts today!!