

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: Mondays Jan 24th-Feb 14th Time: 5:00-7:00pm

Facilitated by: Community Partnership Family Resource Center

Location: Mountain View United Methodist Church, 1101 Rampart Range Rd, Woodland Park

To register, contact: Michelle

Phone: 719-686-0705

E-mail: Michelle@cpteller.org

Other details: Four Monday sessions, January 24th-February 14th ~ Meal and childcare provided