

ACTIVE PARENTING First Five Years™

Building a Strong Foundation for Children from Birth to Age 5

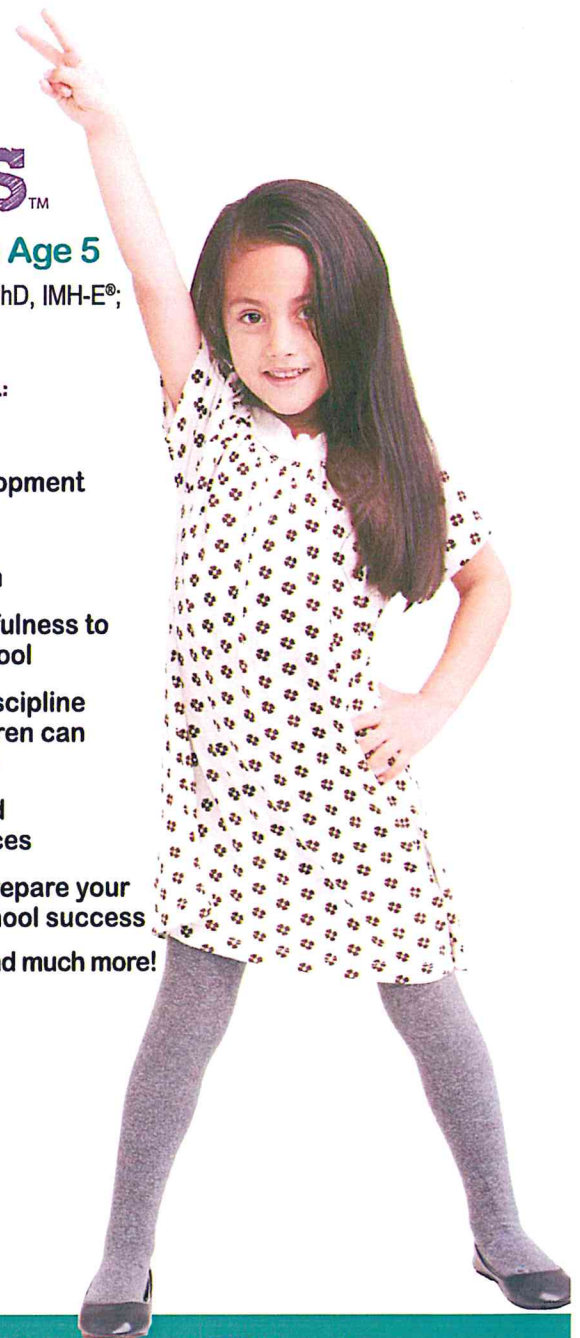
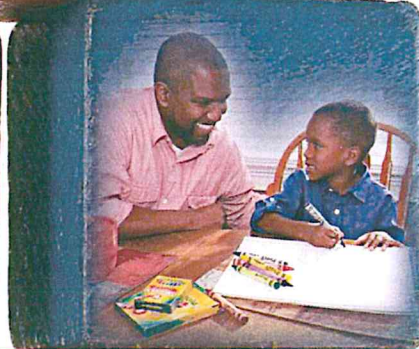
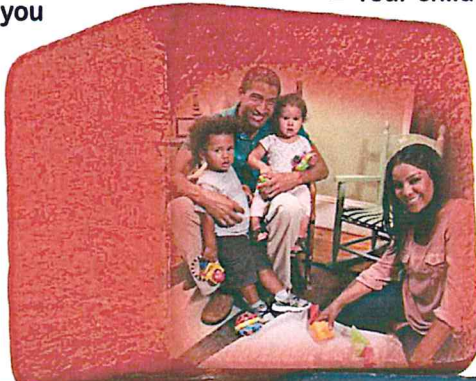
Written by Michael H. Popkin, PhD with contributing authors Amanda Sheffield Morris, PhD, IMH-E®; Ruth Slocum, LCSW, IMH-E®; and Laura Hubbs-Tait, PhD

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! Classes begin October 4, 2022 Time: 10:00am-12:00pm

Sponsored by: Embrace Clinic & Care Center - 180 1st St. NW, Barberton

FREE to all parents and caregivers. Class is held each Tuesday in October.

Contact us today to register!

Phone: 330-825-1900

Email: info@embraceccc.org

Light refreshments served.