

# 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

**Y**our 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](http://www.ActiveParenting.com/FFY-parents)

**Sign up today!** Dates: January 6, 13, 20 & 27 Time: 5-7pm

Sponsored by: The Place

Location: 22 East Main Street, Norwich, NY

To register, contact: Breanne Heath

Phone: 607-336-9696 x106 E-mail: [youthservices@theplacenorwich.com](mailto:youthservices@theplacenorwich.com)

Other details: Dinner will be provided