

**FOR FAMILIES WITH CHILDREN AGES  
BIRTH-5 YEARS**

# Active Parenting Workshop

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.

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
- Discipline young children can understand
- Choices and consequences
- How to prepare your child for school success and much more!

**Mondays and Fridays**

**11:00 AM - 1:00 PM**

**February 27, March 3, 6, & 10**

Register at:

<https://sforce.co/3x5318k>

