

Active Parenting Workshop

FOR FAMILIES WITH CHILDREN AGES BIRTH - 5 YEARS

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

11:00 AM - 1:00 PM

April 1st, 8th, 15th and 22nd

Register at:

<https://mcf.family/Active-Parenting>



If you have any questions, contact:
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