

# Small changes, big differences.



## Triple P, Discussion Group Series (for parents of children 0-12 years)

# Developing Good Bedtime Routines

Family Resource Center of Sheboygan County

Most parents enjoy parenting, but wish they knew how to deal with specific problem behavior. For example, your child won't go to bed without a fight. If this sounds like something you experience, then this is for you. This 2-hour discussion group will provide you with several strategies found within the Power of Positive Parenting curriculum and will give you techniques to immediately try out when it comes to bedtime routines.

Child care will be provided by trained and certified child care professionals from Growing Generations. Also, food will be provided by Noodles and Company.

**DATE:** Wednesday, October 5, 2021.

**TIME:** 5:30 PM-7:30 PM.

(Please arrive by 5:00 pm. If you are planning to join us for dinner as class will start promptly at 5:30pm.)

**VENUE:** Generations Building,  
1500 Douglas Drive, Plymouth WI.

**COST:** \$10 per family, materials included.

**PRESENTER:** FRC-Parent Educators.

Register by Tuesday, September 28, 2021 at:

[www.familyresourcesheboygan.org/classes](http://www.familyresourcesheboygan.org/classes)

OR call the FRC at (920) 892-6706.

**Masks are required for children over the age of 3 and all adults.**

