

ACTIVE PARENTING First Five 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 non-violent 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
- Effective discipline young children can understand
- Choices and consequences
- 6 ways to prepare your child for school success

Participants will receive books, fuel cards, and more!

Summer 2019 Dates:

- Tuesday, June 11
- Wednesday, June 12
- Thursday, June 13
- Friday, June 14

Time and Location:

- 10:00 am – noon
- First Baptist Church
*Life Center behind the church
303 East 3rd Street, Waverly, OH

Help your kids start strong—sign up today!

Register for this class series by contacting:

Tammy Jones
OSU Extension Pike County
P: 740-289-4837
E: jones.5640@osu.edu



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

pike.osu.edu

— We Sustain Life —

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.