



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 understand
- Choices and consequences
- 6 ways to prepare your child for school success

Participants will receive resources and will be eligible to receive gift cards!

2022 Dates:

- Monday, August 22
- Tuesday, August 23
- Monday, August 29
- Tuesday, August 30

Time and Location:

- 5:30 pm – 7:30 pm
- OSU Extension
Pike County
313 Mill Street
Piketon, OH 45661

**Help your kids start strong...
SIGN UP TODAY!**

Register for this **FREE** class series by contacting:

Tammy Jones
OSU Extension Pike
County

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