

# 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  
P: 740-289-4837  
E: [jones.5640@osu.edu](mailto:jones.5640@osu.edu)



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES