

# ACTIVE PARENTING First Five Years™

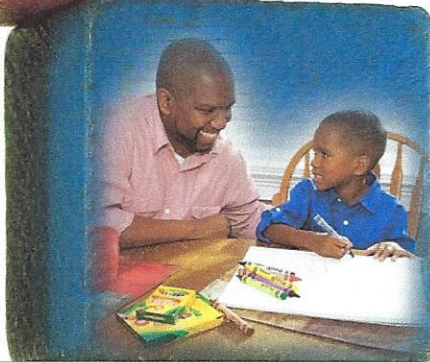
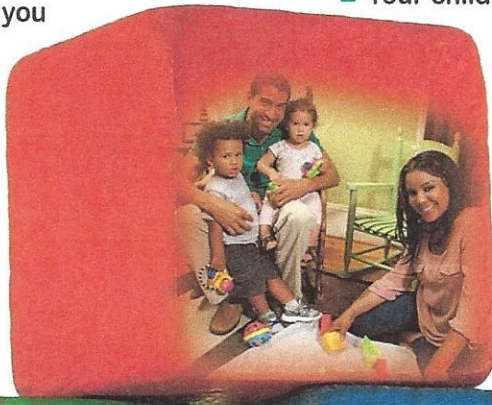
## Building a Strong Foundation for Children from Birth to Age 5

Written by Michael H. Popkin, PhD with contributing authors Amanda Sheffield Morris, PhD, IMH-E®; Ruth Slocum, LCSW, IMH-E®; and Laura Hubbs-Tait, PhD

**Y**our 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. Help your kids start strong—sign up today!

### 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
- and much more!



For more information and sample videos, go to [www.ActiveParenting.com/FFY-parents](http://www.ActiveParenting.com/FFY-parents)

**Sign up today!** Date: Thursdays, March 8-22, 2018 Time: 10:00 to 11:00 a.m.

Sponsored by: St. Mary's Parenting Ministry

Location: St. Mary's Chapel, Bedford Avenue, Fishkill, NY 12524

To register, contact: Catherine Cwiakala, LMSW

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E-mail: [ccwiakala@yahoo.com](mailto:ccwiakala@yahoo.com)

Other details: 1st Session Free - \$25.00 covers program and manual. Fee Waived if needed