

# ACTIVE PARENTING First Five Years™

Building a Strong Foundation for Children from Birth to Age 5

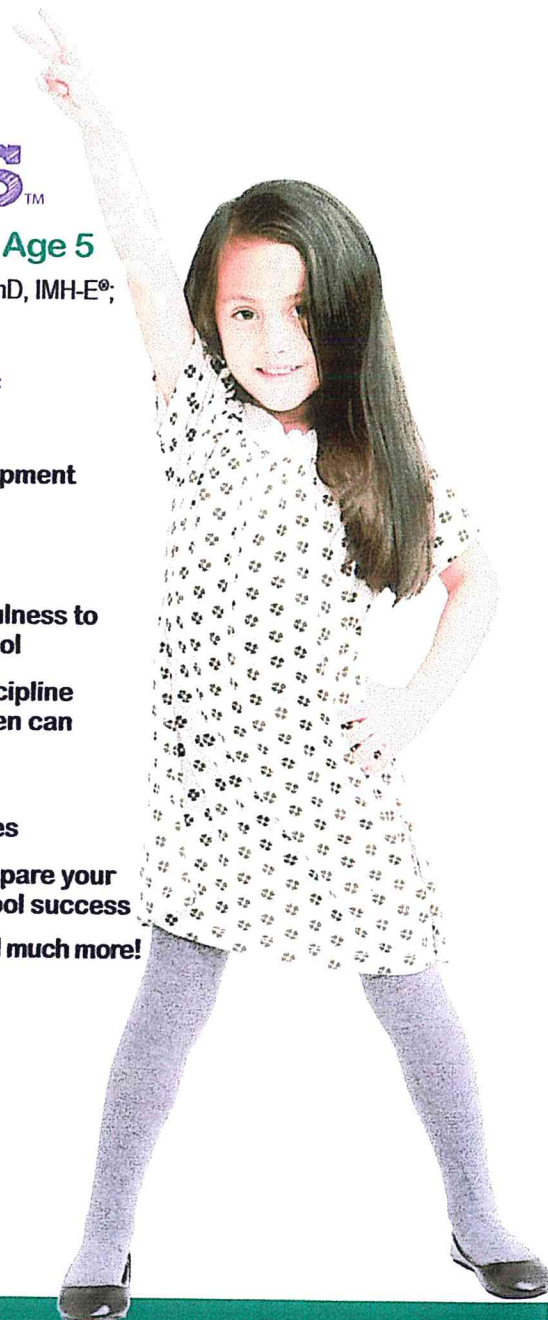
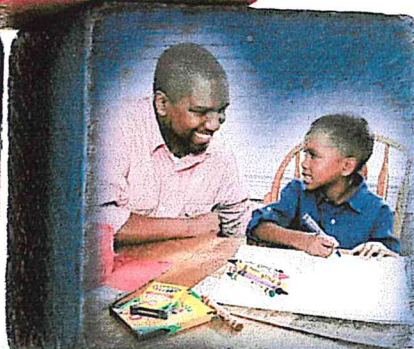
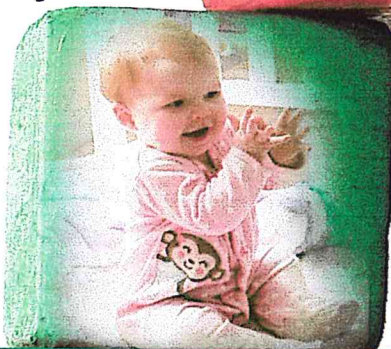
Written by Michael H. Popkin, PhD with contributing authors Amanda Sheffield Morris, PhD, IMH-E®; Ruth Slocum, LCSW, IMH-E®; and Laura Hubbs-Tait, PhD

**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: Thursday, March 30, 2017 Time: 7:00 to 8:30 p.m.

Sponsored by: St. Mary's Parenting Ministry

Location: Parenting Ministry Office, in St. Mary's Parish Office, 103 Jackson Street, Fishkill, NY

To register, contact: Catherine Cwiakala, LMSW

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