

# Active Parenting: First Five Years

## *(For Parents of Preschool Children)*

This three session Active Parenting series helps parents transform the challenges of raising their children into opportunities for growth. The course covers important topics, including discipline, temperament, mindfulness, brain development, self-calming, special needs and school readiness. Participants will learn to make positive changes in their family's daily routine:

Session 1: You and Your Child (distinguish three styles of parenting “too hard”, “too soft”, and “just right”; ages and stages of development; building a bond with your child; and the importance of using choices to prevent misbehavior)

Session 2: Preventing Problems (your child’s beautiful brain; using nonviolent discipline and rules consistently; importance of routines; and the “ACT” technique of parenting)

Session 3: Encouraging Positive Behavior & Preparing for School Success (the power of encouragement; using choices and consequences as an effective discipline method; handling tantrums; caring for the caregiver; and 6 smart things parents can do to help young children get ready for school)

<b>6-8pm</b> <b>Wingate Oaks Center</b> 1211 NW 33rd Terrace, Fort Lauderdale, FL 33311 <b>3 Session Course – Two Sessions to choose from!</b>	
<b>Dates for 2019 – Choose One:</b>	
<b>Tuesdays</b> <b>January 29, February 5 and 12</b>	<b>Tuesdays</b> <b>April 23, 30 and May 7</b>

**CHILDCARE WILL BE PROVIDED (limited to 20 children) Please register by calling Wingate Oaks at 754-321-6850 or fill out and return this section of the flyer to your child’s teacher. For additional information please call 754-3217210.**

Name: \_\_\_\_\_

\_\_\_\_\_ number of adults attending  
\_\_\_\_\_ number of children needing childcare

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