

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

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 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

Sign up today!

Embrace the JOY of parenting.



An Active Parenting group is starting soon!

We are proud to bring the acclaimed **Active Parenting** program directly to you! This workshop will show you effective ways to...

- use nonviolent discipline that really works
- open up lines of communication—before they get clogged
- teach responsibility, courage, and other important character traits
- encourage school success in 7 steps
- prevent future problems with drugs, alcohol, and sex
- defuse power struggles with your children
- stimulate independence as your child grows older
- stop scolding and start smiling with your kids again!

Active Parenting will give you skills to achieve a fuller, more satisfying family life... and help your children achieve greater happiness and success. Written by Dr. Michael Popkin, one of the nation's foremost experts on parenting education, this course will show you a proven-effective approach to parenting that will lead to more harmony and happiness for you and your children. You'll learn 7 strategies for school success, along with positive discipline and communication techniques to help your family run more smoothly.

But the heart of the matter is the increased JOY you will experience as a family. Since 1983 over three million parents have learned from this dynamic, entertaining, and fun-filled video and discussion program—and now, so can you!

ACTIVE PARENTING™

4th edition



A video & discussion program for parents of children ages 5 to 12

For more information and sample videos, go to www.ActiveParenting.com/AP4-parents.

Date:

Time:

Sponsored by: Family Support Center of the Uintah Basin

Location:

To register, contact:

Phone: 435-722-2401

Classes are FREE! Childcare during class is FREE but limited. Call today to reserve a spot.

You're invited to attend

Active Parenting of Teens :)

For Parents of Teens and 'Tweens

The challenge of successfully ushering children through their teen years has always been among parents' hardest-won achievements. But in today's society where children seem to become adults overnight, and where they often make decisions about drugs, sexuality, and violence before they understand the consequences, a parent's job is more important than ever. So how can you ensure that your teens develop the skills and character they need to not only survive but to thrive as they gain independence?

You *can* create harmony and stability in your family while raising your teens to be responsible, courageous and prepared for independent life. *Active Parenting of Teens*, a video and discussion program by parenting expert Dr. Michael Popkin, will show you how. In six sessions packed with activities, discussion, real-world examples, and feedback, you'll learn a proven approach to parenting, plus indispensable techniques and insights for overcoming obstacles, that will bring happiness and harmony into your home. You'll leave each session energized and motivated to make positive and realistic changes in your own family's daily life.

Since 1983, millions of families have learned the benefits of Active Parenting. Now it's your turn.

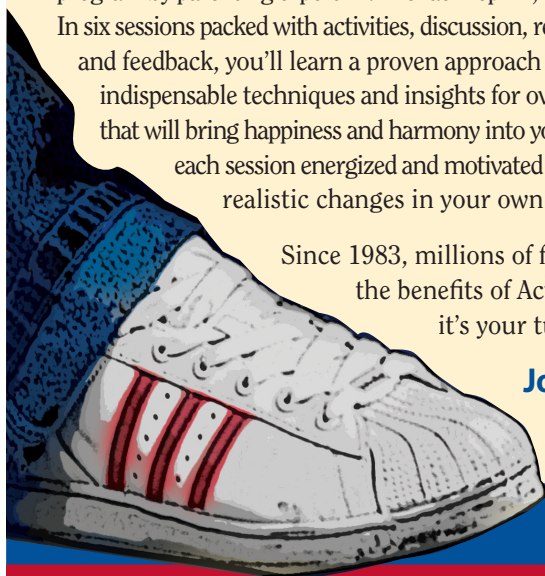
Join us at the next session and see the difference!

Narrated by TV mom Daphne Maxwell-Reid ("The Fresh Prince of Bel-Air") and by the author, Dr. Michael Popkin

Active Parenting of Teens will give you the guidance and support you need to turn the challenges of raising a teenager into opportunities for growth. You'll learn:

- Methods of respectful discipline
- Skills for clear, honest communication
- Concrete strategies to prevent risky behavior
- How to be an encouraging parent

... and much more, plus insight into important issues such as teens online, bullying, and depression.



SIGN UP NOW!

Active Parenting
of **Teens :)**
third edition

Date:

Time:

Sponsored by: Family Support Center of the Uintah Basin

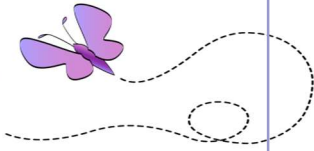
Location:

To register, contact:

Phone: 435-722-2401

E-mail:

Other Details: Classes are FREE! Childcare is FREE but limited. Call to reserve a spot today.



Kids with Incredible Potential

High Hopes

A Family Support Center Program

High Hopes

A Family Support Center Program

865 E 200 N Suite 3
Roosevelt UT. 84066

Family Support Center: (435) 722-2401

High Hopes
is an equal opportunity provider

A program designed to help parents struggling alongside a child with behavior disorders. This is a free, extensive 8-week course for parents, guardians and caregivers of children with behavior disorders, focusing on **ADHD and Autism.**

Classes are designed for children that are hyperactive, defiant, easily distracted, quick to anger, frequently forgetful, have difficulty playing with others, organizing tasks, etc. **This class is for parents or caregivers for any child with behavior issues regardless of diagnosis.**

Come learn how a child with some behavior issues can have incredible potential to become an amazing adult.

Register for classes by calling the Family Support Center, 435-722-2401. Free childcare will be provided for children age 0-11 for all classes. Space is limited; call today to reserve your spot.

COOPERATIVE COPARENTING

through Separation or Divorce™



Shielding Your Child from Conflict

A Video and Discussion Program for Coparents

Susan Boyan, LMFT
Ann Marie Termini, LPC

Cooperative Coparenting through Separation or Divorce has helped hundreds of thousands of families shield their children from the parental conflict that often accompanies separation or divorce. Now newly revised, this program contains the concepts, skills, and exercises that will help you create a healthy environment for your children while establishing a positive, long-term relationship with the other parent.

Learn powerful ways to communicate cooperatively, make coparenting decisions in the best interest of your children, and avoid the destructive effects that separation or divorce can have on a family.

HERE'S WHAT YOU'LL BE LEARNING:

- Loyalty conflicts and how to keep your child out of the middle
- Peaceful negotiation instead of escalating power struggles
- Business-like communication skills
- Managing anger (your own and the other parent's)
- How to deal successfully with financial issues

...and a lot more!



For more information and sample videos, go to www.ActiveParenting.com/CPD

Sign up today!

DATE:

TIME:

SPONSORED BY: Family Support Center of the Uintah Basin

LOCATION:

TO REGISTER, CONTACT:

PHONE: 435-722-2401

EMAIL:

ADDITIONAL INFO: Class is FREE! Individuals can attend. Free childcare available.