

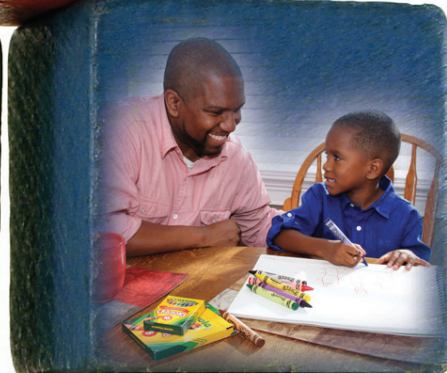
# ACTIVE PARENTING First Five Years™

Building a Strong Foundation for Children from Birth to Age 5

**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 video-based program for parents and other caregivers of children from birth to 5 years old. Help your children start strong with skills that emphasize bonding, encouragement, and a "just right" combination of freedom and non-violent discipline. Sign up today for a class near you.

## Explore topics such as:

- Building a bond with your child
- What a baby's cry means
- Ages and stages of development
- Your child's growing brain
- Using mindfulness to de-stress
- Discipline for young children
- The power of encouragement
- 6 smart ways to prepare your child for school



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

**Sign up today!**