



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. Millions of parents have achieved success with Active Parenting—and you can, too!

Session I: You and Your Child

- Styles of parenting
- Ages and stages of development
- Building a bond with your child
  - The method of choice

Session II: Preventing Problems

- Your child's beautiful brain
- Using nonviolent discipline
- The “A-C-T” of parenting

Session III: Encouraging Positive Behavior

- The power of encouragement
- Choices and consequences
- Caring for the caregiver

Session IV: Preparing for School Success

- 6 smart things parents can do to help young children get ready for school

