

# 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

## 4-Week Parenting Class

Begins April 27, 2022

Wednesday mornings

Class: 10:00 - 12:00

Lunch @ 12:00

**Free Admission**

**Free Childcare**

**Free Meal**

Topics include brain development, ages & stages, parent-child bonding, growth mindset, dealing with tantrums, mindfulness, and more.

**Register at the Family Resource Center**

(970)526-2439

120 Main Street, Sterling CO

[executivedirector@frcsterling.com](mailto:executivedirector@frcsterling.com)

For more information about the program, visit  
[www.ActiveParenting.com](http://www.ActiveParenting.com)

