Active Parenting: First Five Years

BUILDING A STRONG FOUNDATION FROM BIRTH TO FIVE

3 week program for families with children from birth to age 5.

This program covers:

- 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 that young children can understand
- Choices and consequences

Free program over zoom!
Two dates to choose from!

Mondays, November 15th- 29th
from 10:00AM- 12:00PM
-OR-
Tuesdays, November 16th- 30th
from 6:00- 8:00PM

For more information or to register contact: Missy at 442-7963 ext. 286 or email: melissa.kettell@mmcacorp.org.

MIDCOAST MAINE Community Action
Building better lives for stronger communities

Families CAN!

Supported by the Department of Health and Human Services and the Maine Children's Trust