

Active Parenting: First Five Years

BUILDING A STRONG FOUNDATION FROM BIRTH TO FIVE



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

This program will cover:

- Ages and stages of development
- Building a strong bond
- Your child's growing brain
- Using mindfulness to keep your cool
- Effective discipline
- Choices and consequences



This is a FREE program over Zoom

**Tuesdays, April 23- May 14, 2024
from 6:00- 8:00 PM**

Registration is required. For more information or to register, contact:

Missy at (207) 442-7963 ext. 286

You can also register using the QR code below

