

# ACTIVE PARENTING First Five Years™

## *FREE* Parenting Workshops

### Is parenting your little one tougher than you thought it would be?

Active Parenting First Five Years Can help!

Using videos, activities, and group discussions, a group leader will help you learn important skills for parenting a young child.

#### This workshop will show you:

- Discipline methods that really work
  - How to prevent tantrums
- How to make rules that your child will follow
  - Routine that make life easier
- The best ways to childproof your home
- How to care for your child at different stages
  - Great ways to take care of yourself!

3 week session December 5, 12 & 19  
Tuesday's 5:30– 7:00 pm  
Parenting Arizona located in the Ice House  
201 East Birch Avenue Ste. 7 Flagstaff 86001  
**Call today to register: 928-773-9133**  
**Or email [tanee.johnson@parentingaz.org](mailto:tanee.johnson@parentingaz.org)**



CPLC PARENTING ARIZONA™  
*Safe children. Strong families.*