



Parenting is hard.  
Let us help!

## Parents, Stay Positive!

### FREE, 5-Week Group for Parents

Wednesdays, February 3<sup>rd</sup> – March 3<sup>rd</sup>

6:00-8:00 PM

Parenting is hard – especially in these times of COVID-19. Let us help with free online parenting support through the Positive Parenting Program (Triple P). Triple P is for parents and guardians of children from birth through age 8. Learn how to get more of the behavior you like from your children and less of what you don't.

Zoom Classes will cover:

- The power of positive parenting techniques
- What causes kids' behaviors
- Setting goals for change
- Tips on how to reconnect with your child and build your positive relationship
- Giving directions kids are likely to follow
- Recognizing progress and planning for the future

Each participant will also have 3 one-on-one phone sessions with the group leaders to make the strategies *really* work for their families.

### TO REGISTER:

Call or email Action for Children at  
614-382-2445 or [ayles@actionforchildren.org](mailto:ayles@actionforchildren.org)

**\*\*\*Gift Card Incentives Provided for Participation\*\*\***

Action for Children



Ohio Children's Trust Fund  
Ohio's Prevent Child Abuse America Chapter



NATIONWIDE CHILDREN'S  
When your child needs a hospital, everything matters.™