



# ACTIVE PARENTING

Active Parenting is an evidence-based program that helps first-time parents, parents of school-age children, and/or teen parents.

Active parenting promotes the use of positive parenting practices, such as using positive language, planned discipline, and family routines. It also encourages nurturing behavior and increases parents' knowledge of child development and communication styles.



## HOW IT WORKS

**WHERE:** Northwest, Central and Flagler Campus

**WHEN:** Once referred, we schedule your on-site assessments and exit sessions; the remaining sessions can easily meet online for convenience.

**WHO:** Active Parenting programs are designed for new and first-time parents and parents of adolescents. These programs are intended for all types of parents and are appropriate for most individuals required to complete a parent education class.

**COST:** Free

**CONTACT:** [PREVENTION@EPICBH.ORG](mailto:PREVENTION@EPICBH.ORG) | (904) 829-2273

For more information or to schedule your first appointment, please call and to speak with a prevention educator.

### PROGRAMS INCLUDE:

#### Active Parenting: First Five Years (Four Sessions)

- What a baby's cry means
- Your child's growing brain
- Preventing tantrums and other problems
- Building a loving bond
- Caring for your child at different ages and stages
- Using mindfulness to keep your cool
- Six ways to prepare your child for school success

#### Active Parenting: Middle Years (Six Sessions)

- Why children misbehave and how to redirect them
- Nonviolent discipline really works
- How to build courage and character in your child
- How to open up the lines of communication with your children - before the challenging teen years
- How to prevent problems with drugs, alcohol, violence, and sex
- How to stop scolding and start smiling with your kids again!

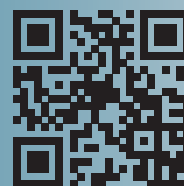
#### Active Parenting of Teens (Six Sessions)

- Methods of respectful discipline
- Skills for clear, honest communication
- Concrete strategies to prevent risky behavior
- How to be an encouraging parent
- Insight into issues such as teens on-line, bullying, and depression

**(904) 829-2273 | EPICBH.org**

**CENTRAL CAMPUS** | 1400 Old Dixie Highway, St. Augustine, FL 32084

**FLAGLER CAMPUS** | 2323 N. State St., Unit 57, Bunnell, FL 32110



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