



**Bedtime routines.
Managing anger.
Get tips on these
topics and more!**

Parents, Stay Positive!

FREE, Five-Week Course

For parents and caregivers (grandparents, other relatives, guardians, etc.) of children from birth through age 12.
Learn how to get more of the behavior you like from your children and less of what you don't.

Live on Zoom | Wednesdays | noon to 2 p.m.

February 18, February 25, March 4, March 11 and March 18

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 three optional one-on-one phone sessions with the group leader to make the information *really* work for their families.

All workshops on Zoom – Open to families in Crawford, Franklin, Richland, Delaware, and Morrow Counties

**To sign up, call (614) 355-8099 or
email TripleP@NationwideChildrens.org**