



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

# **FREE Parenting Workshops**

Supportive, small group programs to connect with other parents about raising young children. You can attend **any** or all of the classes below for **free**.

**All workshops on Zoom - open to families in  
Crawford, Franklin, Richland, Delaware, and  
Morrow Counties**

## **Managing Fighting and Aggression**

Learn strategies for teaching kids to solve problems and get along with others.

**Thursday, January 8, 10 a.m. to noon**

**Thursday, February 5, 6 to 8 p.m.**

**Wednesday, March 11, 6 to 8 p.m.**

## **Hassle-Free Mealtimes with Children**

Get ideas on how to address picky eating and other mealtime struggles.

**Thursday, January 22, noon to 2 p.m.**

**Wednesday, February 18, 6 to 8 p.m.**

## **Developing Good Bedtime Routines**

Get advice on getting your kid to go to bed—and staying there.

**Tuesday, February 10, 10 a.m. to noon**

**Wednesday, March 25, 6 to 8 p.m.**

## **Hassle-Free Shopping with Children**

Learn how to plan for easy, calm trips and how to address misbehavior while in public.

**Tuesday, January 27, 6 to 8 p.m.**

**Thursday, March 19, noon to 2 p.m.**

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



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.<sup>SM</sup>*



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Children & Youth**  
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