



# Active Parenting: How It Works

Education. Prevention. Intervention. Counseling.

**Active Parenting** is an evidence-based program that has three different programs to help first time parents, parents of school age children, and parents of teens.

## HOW IT WORKS:

### Active Parenting: First Five Years

- 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.
- 6 ways to prepare your child for school success.

### Active Parenting: A Parent's Guide to Raising Happy and Successful Children

- Why children misbehave and how to redirect them.
- Nonviolent discipline that really works.
- How to build courage and character in your child.
- Opening 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

- 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 online, bullying, and depression.

**FOR WHO:** Active Parenting programs are designed for new and first time parents, as well as 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. This **six-session program** provides parents with the knowledge and skills needed in parenting.



**NORTH CAMPUS**  
EPIC Counseling Center  
1400 Old Dixie Hwy  
St. Augustine, FL 32084  
904.829.2273  
(M-F, 8:30am-5:00pm)

**GET HELP NOW!**

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[www.EPICBH.org](http://www.EPICBH.org)



**SOUTH CAMPUS**  
EPIC Recovery Center  
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(Open 24 Hours)

We accept most commercial insurances, Medicaid, self-pay with sliding scales, Visa & MasterCard.  
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