

FREE LIVE ONLINE PARENTING CLASSES

Sponsored by the Andover, Hebron and Marlborough (AHM) Youth and Family Services

- ✓ Build Strong Connections
- ✓ Reduce Family Stress
- ✓ Get Kids to Listen and Cooperate
Without Raising Your Voice!



Register at: PeaceAtHomeParenting.com/Columbia-Login

APR	<p>APR 1, 8:15 pm: Establece un ambiente de cooperación (2-12 años)</p> <p>APR 3, 8:15 pm: FREE 5 Mindful Habits to Reduce Stress and Increase Happiness</p> <p>APR 8, 12 pm: ABC's of potty training (18 months – 4 years old)</p> <p>APR 8, 8:15 pm: Disciplina Positiva que funciona (2-12 años)</p> <p>APR 15, 8:15 pm: Tweens and teens: Planning for independence</p> <p>APR 16, 8:15 pm: Manage Screen Time: End the Power Struggles</p> <p>APR 17, 8:15 pm: Picky eating 101: Make mealtimes enjoyable again (Infants, Toddlers, Preschoolers)</p> <p>APR 22, 12 pm: FREE Live Online Class: How to Take the Stress Out of Parenting (2-12 years)</p> <p>APR 22, 8:15 pm: FREE Q&A Session for All Class Participants</p> <p>APR 23, 8:15 pm: Be your child's emotions coach: Manage and communicate emotions</p> <p>APR 30, 8:15 pm: My Child Struggles in School: How Can I Help? (K – 8th grade)</p>
MAY	<p>MAY 1, 12 pm: Let's get on the same page: Practical steps to resolve parenting style conflicts</p> <p>MAY 6, 8:15 pm: Establece un ambiente de cooperación (2-12 años)</p> <p>MAY 13, 12 pm: EAT PLAY SLEEP: Help infants and toddlers grow into cooperative kids (Infants, Toddlers, Preschoolers)</p> <p>MAY 13, 8:15 pm: Disciplina Positiva que funciona (2- 12 años)</p> <p>MAY 14, 8:15 pm: Be your child's calm center: How to stay calm when your child is stressed</p> <p>MAY 15, 8:15 pm: Get ready for Childcare/Pre-K: Ensure a positive transition for you and your child</p> <p>MAY 20, 8:15 pm: FREE Live Online Class: How to Take the Stress Out of Parenting</p> <p>MAY 22, 8:15 pm: FREE Q&A Session for All Class Participants</p> <p>MAY 28, 8:15 pm: Keep your kids close: Why parents need to matter more than peers (2 – 12 years)</p>
JUN	<p>JUN 3, 8:15 pm: Establece un ambiente de cooperación (2-12 años)</p> <p>JUN 4, 8:15 pm: Parenting children with special needs: Anxiety, ADHD and autism (K – Teens)</p> <p>JUN 5, 8:15 pm: Routines, chores and family meetings: Get a little more organized & have more fun! (2 – 12 years)</p> <p>JUN 10, 12 pm: Taming tantrums: Recognize triggers and plan ahead (1-5 Years)</p> <p>JUN 10, 8:15 pm: Disciplina Positiva que funciona (2- 12 años)</p> <p>JUN 17, 8:15 pm: Tweens and teens: Planning for independence</p> <p>JUN 19, 8:15 pm: Positive discipline for toddlers and preschoolers: Challenging behaviors & setting limits (1-5 Years)</p> <p>JUN 24, 8:15 pm: FREE Live Online Class: How to Take the Stress Out of Parenting (2 – 12 years)</p> <p>JUN 25, 8:15 pm: Raise happy children: Parenting for optimism and resilience (2 – 12 years)</p> <p>JUN 26, 8:15 pm: FREE Q&A Session for All Class Participants</p>

AVAILABLE RECORDINGS

Self-Regulation: Teach & Model (2 - 12 years)

Mindfulness & Parenting (2 - 16 years)

Blended Families: Does it ever get easier? (2 - 20 Years)

Help Your Child Feel Safe in a Complicated World (For parents, teachers, childcare providers & anyone who works with kids)

Routines, Chores & Family Meeting: Get Ready for Summer! (2 - 12)

Sibling Connections among Young Children (For parents of infants and toddlers with older siblings)

ABC's of Potty Training (2 - 5 years)

Support Your Anxious Child (2 - 12 years)

School Success: Inspire Motivation (K - 8)

Co-Parenting: Make It Work

Positive Discipline for Children with ADHD, Autism or Anxiety (2 - 12 years)

Social Skills for Kids with Special Needs (for parents of children with ADHD or Autism)

Meaningful Holidays: What Kids Really Want that Money Can't Buy (2 - 12 years)

Be Your Child's Emotional Coach: Help Kids understand and Manage Emotions

Solve Challenging Behaviors: Parent-Child Teamwork (K - 8)

EAT PLAY SLEEP: Help Infants & Toddlers Grow In Positive Ways (For parents of infants and toddlers)

Raise Happy Children: Parenting for Optimism & Resilience (For parents of children ages 2 - 12)

Putting it all together: parenting check-up (Birth – teens)

Get ready for Childcare/Pre-K: Ensure a positive transition for you and your child

Manage Screen Time: End the Power Struggles

FREE Wellness on the Run: Quick, Real Life Strategies for Parents of Young Children

Positive Discipline for Peace at Home (For parents of children ages 2 - 12)

How to Take the Stress Out of Parenting

Infant Toddler Brain Development: Why Parents Matter So Much

Mealtimes: End the Power Struggle

Anxious children: what really helps? (2 – teens)

5 Mindful Habits to Reduce Stress and Increase Happiness

Toxic stress: what is it and why is it important in family life? (Birth – teens)

Meltdowns, Tantrums and Aggression, oh my! Positive Discipline for Toddlers and Preschoolers

Parenting teens: power struggles or effective discipline? (12 – 18 years)

Inspire independence and sustain love of learning (Birth – 5 years)

Money and Kids: Raise Financially Responsible Children (2 – teens)

ALL CLASSES INCLUDE ONGOING SUPPORT: Participants are invited to join our private Facebook group to connect with other parents working on similar issues. Teachers are available to comment and answer questions. **BONUS:** Participants have access to free monthly online Q&A sessions. Teachers provide follow-up and guidance as parents apply new approaches. Next Q&A Sessions are listed above. Class tests and certificates of participation available.

For more information, contact Cheri Rivard-Lentz at cherir@ahmyouth.org, Michelle Hamilton at michelleh@ahmyouth.org or email us at info@peaceathomeparenting.com.