

Virtual for 2021:

First Five Years for Parents

We're excited to launch the **Active Parenting: First Five Years** online program available to all enrolled CAP Tulsa parents!

These FREE one-hour online sessions will help you learn how to build a strong foundation for your child.

- Ages and stages of development
- Building a strong bond
- Using mindfulness to keep your cool
- Understanding your baby's cry
- Effective discipline young children can understand
- Choices and consequences
- Preparing your child for school success
- And much more!



Plan to attend these fun and interactive classes with other CAP Tulsa parents!
All classes begin at 5:30pm.



Session 1: **You and Your Child**



Session 2: **Preventing Problems (Part 1)**



Session 3: **Preventing Problems (Part 2)**



Session 4: **Preparing for School Success**

Virtual Sessions (via Zoom) will be held on the following dates:

- **September 30**
- **October 7**
- **October 14**
- **October 21**

Visit captulsa.org/familyengagement or talk to your Family Support Specialist for more information.

Register online at <https://bit.ly/FFYSep2021>

If you have any problems registering or further questions, please email

firstfiveyears@captulsa.org

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