

# "The ABCs of Parenting"

A FREE online Nurturing Parenting series for families with children ages 2-8.



Join our online community to explore these topics:

- Understanding developmentally appropriate expectations
- Tools to build well-being and self-worth in yourself and your children
- Strategies for helping children manage their behavior and understand their emotions
- Ways to establish family values, expectations, and routines that support positive and nurturing relationships
- Techniques for effective stress and behavioral management
- Methods for successful problem solving and compromise

**Come laugh and learn on Tuesday evenings from 6:30-7:30 using Zoom. Dates for this 7-week series are 10/2-12/15 (no class 11/24). Offered in English and Spanish.**

To sign up contact Vicki Ball at:

[vball@youthcontact.org](mailto:vball@youthcontact.org)

503-640-4222

Or register on-line at:

<https://youthcontact.org/classes/>

Presented in collaboration:

