

# CHILD ADVOCACY

## PARENT EDUCATION PROGRAMS

### INFANCY

#### Happiest Baby (0-4 months)

Participants learn that during the "missing 4th trimester," babies experience increased crying. This 1-session class teaches calming and soothing techniques for baby.

#### Baby Basics (0-12 months)

A 1-session class that teaches best practices for infant safe sleep, as well as the dangers of shaken baby syndrome. A focus on proper handling of infants is covered as well.

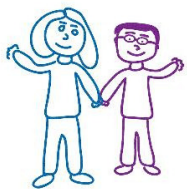
### SCHOOL-AGE

#### ACT Raising Safe Kids (0-8 years)

See description under "Early Childhood."

#### Nurturing Parenting for School-Age Children (5-11 years)

This 6-session program focuses on empathy, self-worth, and discipline. It teaches adults the importance of being a nurturing parent and how to promote their own self-worth.



**Child Advocacy**  
The Link for Families!

### EARLY CHILDHOOD

#### Nurturing Parenting for Young Children (0-5 years)

A 6-session class that teaches how to increase empathy, nurturing ways to encourage appropriate behaviors, guidance techniques, and positive discipline.

#### ACT Raising Safe Kids (0-8 years)

Participants of this 6-session class learn effective discipline strategies, communication techniques to aid in less temper tantrums, and the impact violence has on child development.

### ADOLESCENCE

#### Nurturing Parenting for Parents with Teenagers (11+)

Learn about adolescent brain development, how to help teens manage their behavior, strategies for negotiation and compromise, and more during this 6-session class.

### OTHER

#### Nurturing Parenting for Teen Parents

This is an ideal class for teenage parents with children ages 0-5 years. This 6-session class teaches appropriate expectations of children, growth and development, setting routines, and more.

Classes are scheduled based on referrals and interest. For more information on our parent education programs, contact us at (989) 463-1422 or visit us online at [www.linkforfamilies.org](http://www.linkforfamilies.org).