



# ACTIVE PARENTING FIRST FIVE YEARS AGES 0 - 5 YEARS

## Help for Every Step of the Way from Birth to Age 5

Your child's first years are so important! This class will help you make the most of them. Created by one of the nation's foremost parenting experts, Dr. Michael H. Popkin, in collaboration with university child development specialists, Active Parenting: First Five Years will help you nurture your child with a "just right" combination of freedom and nonviolent discipline. You'll learn about:

- 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.

## DATE & PLACE:

**Thursdays, 10am-12pm  
Oct 23-Nov 13, 2025**

**Pathways Family Resource  
Center, Salem  
27 Congress St., Building 1,  
Suite 1211, Salem, MA**

Childcare and Transportation  
Provided by Request  
Refreshments will be served.

**Pathways**  
 **Family  
Resource Center**  
**Salem**

**Contact Jeannine Helen at [jhelen@pw4c.org](mailto:jhelen@pw4c.org) or 978-296-8088.**