



The first years of a child's life are critical for their future **health, happiness** and **growth**.

During early years, a child is learning much more than how to walk, talk and follow directions. Their brain is growing in very important ways that will help them learn, deal with stress, be healthy and have close relationships in the future.

Parenting Essentials, an evidence-based program with over 25 years of research, offers parents tools to raise healthy, and cooperative infants, toddlers and preschoolers.

Participants will learn how to improve these parenting practices:

- Appropriate Parenting Expectations
- Discipline
- Empowering Children
- Appropriate Family Roles

Registration is required, reserve a seat today.

760.830.7622 | mccs29palms.com

Parenting Essentials 2018 Class Schedule

FEB

07

8–11:30 am

MAY

16

8–11:30 am

AUG

15

8–11:30 am

OCT

17

8–11:30 am

MARINE & Family

Behavioral
Health
Branch

