



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, includes evidence-based practices and 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
- Establishing Family Roles

## Parenting Essentials 2019 Class Schedule

FEB  
21

8 am – 12 pm

MAY  
16

8 am – 12 pm

AUG  
15

8 am – 12 pm

OCT  
17

8 am – 12 pm

Registration is required. Reserve a seat today.

**760.830.7622** | [mccs29palms.com](http://mccs29palms.com)

**MARINE & Family**

Behavioral  
Health  
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