

# Table of Contents

## Introduction

How the Program Works .....	8
Why a program for parents of young children? .....	10
Who should take <i>Active Parenting: First Five Years</i> ? .....	10
Why a Video and Discussion Program? .....	11
The Program Materials .....	11
The Active Parenting Learning System .....	12
Is <i>Active Parenting</i> Evidence-Based? .....	13
Who Can Lead an <i>Active Parenting: First Five Years</i> Group? .....	13
Group Leadership Skills .....	13
In Preparation .....	16
Key to Using This Guide .....	17
The Active Parenting Community .....	19

## Session 1. You and Your Child ..... 21

I. Getting Started .....	22
Opening Icebreakers .....	22
II. Parenting: A Special Job .....	27
III. Children Are Special People (Ages and Stages) .....	31
IV. What's your parenting style? .....	41
V. Mindful Moment: Introduction .....	44
Mindful Moment Activity: The Mind Jar .....	45
VI. The Method of Choice .....	47
VII. Building the Bond: Attachment 101 .....	50
Make a Face .....	54
Brain-Building Activity: Follow the Lead .....	58
VIII. Caring for the Caregiver .....	60
IX. Home Activities .....	63

## Session 2. Preventing Problems ..... 67

I. Review/Share and Tell .....	68
II. Your Child's Beautiful Brain .....	70
Brain-Building Activity: Freeze Dance .....	72
III. Mindful Moment: Relaxation and Breathing Techniques .....	74
Mindful Moment Activities: Butterfly Breath, Windy Woods, Balloon Breath .....	75
IV. Preventing Problems .....	76

V. The Question of Discipline .....	81
VI. The Beauty of a Good Rule.....	85
VII. The ACT Method .....	92
Practicing the ACT Method .....	95
VIII. Building the Bond: Bedtime Routines, Hugs, Kisses and “I Love You”s .....	96
IX. Home Activities .....	102
<b>Session 3. Encouraging Positive Behavior .....</b>	<b>105</b>
I. Review/ Share and Tell.....	106
II. Discipline: Choices and Consequences .....	108
Brain-Building Activity: Panda and Frog .....	113
III. Mindful Moment: Loving Kindness (Activity).....	121
IV. The Power of Encouragement.....	123
Encouragement Circle Activity.....	129
V. Caring for the Caregiver .....	131
VI. Home Activities .....	132
<b>Session 4. Preparing for School Success .....</b>	<b>135</b>
I. Review/ Share and Tell .....	136
II. Watering That Beautiful Brain .....	125
III. Six Smart Things Active Parents Can Do to Help Their Child Get Ready for School .....	134
#1. Encourage play.....	140
#2. Encourage learning .....	140
#3. Read and talk with your child. ....	140
#4. Monitor and limit screen time.....	140
#5. Teach social skills. ....	140
#6. Stimulate independence.....	140
IV. Mindful Moment: Mindful Parenting (Activity) .....	162
V. Building the Bond: We’re a Family .....	163
VI. Closing .....	164
VII. Completing Your Experience as a Leader .....	165
The Ages and Stages Poem.....	166
References.....	167

There are at least four categories of self-care: you can tend to your body’s health and your peace of mind, you can talk with other people, and you can better organize your home and your time.



Turn to the Self-Care Chart on page 39 of your *Parent’s Guide*.

Discuss the categories of self-care and the tips provided.



Now let’s hear some of your own self-care tips for each category. As I list them here, you write them in your *Parent’s Guide*.

Board responses from the group for two or three minutes or until you have at least three ideas under each column. Make sure the examples include low-cost or no-cost activities.



When you have children with special needs, you need to be especially careful about taking care of yourself. It may be easy for you to get so concerned about your child that you forget that you can’t be a good parent if you don’t take care of yourself, too. One thing that can help is to make sure that you know what help is available in your community and take advantage of it. Don’t try to do everything yourself. It’s not only okay to get the help you need; it’s in the best interest of your child.

## IX. Home Activities (3 minutes: \_\_\_\_\_ to \_\_\_\_\_)

I’m going to ask you to do some things at home this week that will help you with your parenting. We’ll call them “Home Activities.”



Please turn in your *Parent’s Guide* to page 43 and let’s go over your Home Activities for this week.

Go over the list, asking parents how they will complete each assignment.

- I will take care of the caregiver... ME!
- I will play with my child.
- I will give my child choices.
- I will follow my child’s lead.
- I will practice mindfulness this week.
- I will read Chapter 1 of the *Parent’s Guide* and complete the activities.

## Topic

## Activity

## Video

	Topic	Activity	Video
<b>I</b>	REVIEW/SHARE AND TELL (10 min)		
<b>II</b>	YOUR CHILD'S BEAUTIFUL BRAIN (10 min)	Brain-Building Activity: Freeze Dance	1. Your Child's Beautiful Brain (4:26)
<b>III</b>	MINDFUL MOMENT : RELAXATION AND BREATHING TECHNIQUES (10 min)	Mindfulness Activities: Butterfly Breath Wind in the Woods Balloon Breath	
<b>IV</b>	PREVENTING PROBLEMS (15 min)  The Good News about Problems Transitions		
<b>V</b>	THE QUESTION OF DISCIPLINE (10 min)  What is discipline? Discipline vs. Hurting		
<b>BREAK</b>	(10 min)		
<b>VI</b>	THE BEAUTY OF A GOOD RULE (20 min)  Freedom within Limits The When-Then Rule		2. The When-Then Rule (1:57)
<b>VII</b>	THE ACT METHOD (20 min)  A-C-T Practicing the ACT Method		3. The ACT of Parenting (2:35)
<b>VIII</b>	BUILDING THE BOND: ROUTINES AND HUGS, KISSES, AND "I LOVE YOU'S" (12 min)		4. Bedtime Routines, Hugs & "I Love You's" (3:02)
<b>IX</b>	HOME ACTIVITIES (3 min)		

SLIDE #87

### Examples of Smart Play

GAMES	CREATIVE TOYS
"I spy." "Who am I?" Hide and seek Board games Computer games Imagining: Making up stories, games, songs, etc. Math games: Counting, matching, sorting	<b>Building:</b> blocks, Legos™, stacking toys, etc. <b>Arts and crafts:</b> drawing, painting, clay, etc. <b>Puzzles</b>

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Discuss examples from above or other “smart play” activities as time allows.



## Brain-Building Activity: Working Memory

You will need a deck of playing cards for this game. Alternately, you can use cards made for children (i.e. large and colorful with pictures on them) for this activity.

SLIDE #88

### Working Memory

**BRAIN-BUILDING ACTIVITY**

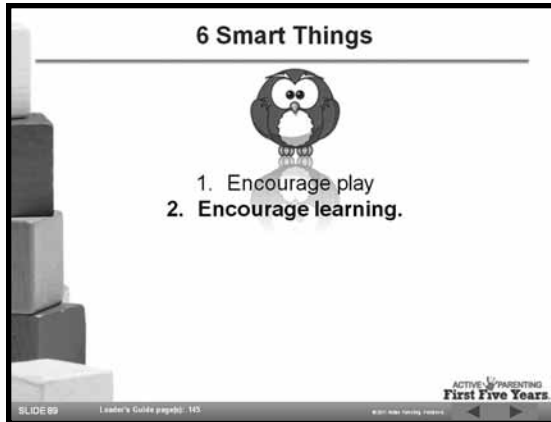
Working memory is the foundation for:

- Mental math
- Language
- Making sense of things that happen over time
- Problem solving
- Creative thinking
- Learning from past experiences

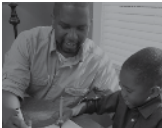
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**Now we are going to learn some examples of smart play that you can do at home with your children. The purpose of these games is to build memory and strengthen the ability to hold information in mind while working with that information. This is an important skill that we use all the time in everyday life. It will benefit you to keep it strong, and it will benefit your children to learn it early. All of these games require only a deck of cards. Regular playing cards are fine, but you can also use large, colorful cards with pictures on them--the kind made especially for children.**

Ask participants to find a partner and sit across from each other at a desk or table.

SLIDE  
#89

First let's watch a short video.



Video #2

Encouraging Learning

(2:03)



Did this video remind any of you of ways you have encouraged your child's curiosity and natural interest in learning? Who will share an example?

Encourage two or three examples. You may want to share a humorous story from your own experience to get it going.


**SPECIAL  
NEEDS**

If you have a child with special needs that make learning more difficult, you may be tempted to take over for him when he has trouble, or you may get frustrated with the challenge and give up trying to teach him altogether. Resist both temptations. Instead, find out what your child is capable of and focus on that, moving forward with patience and care. You can ask professionals, such as your child's pediatrician or experts on your child's specific needs; do research online; and use your own observations of your child. A parent support group in which you and other parents can share similar challenges can be a great source of information, too.

The key is to learn how your child learns best and then teach to his needs.

Before we talk about some ways that you can encourage learning, let me ask you a question: