INSIDE RESOURCE GUIDE 2019:

Evidence-based parenting programs for all ages—and more.

PARENTING
pp. 6-21, 31-36

SPANISH
pp. 22-27

ONLINE LEARNING
pp. 37-39

• Leader Training
• Parent Engagement
• Fatherhood
• Divorce & Co-parenting
• Character Education

NEW self-study leader training
See page 42.
Mutual Respect: More Important than Ever

I was leading a workshop at the California Head Start conference last winter and did one of my favorite activities, “The Two-Hand Push.” We use it in all the Active Parenting programs, because it does such a great job of teaching what usually happens when you try to push someone into doing what you want them to do: They push back. Whether the other person is a powerful child or another adult, the resistance comes from a feeling of being treated disrespectfully.

In a society based on the principle of equality, nobody wants to be treated like they don’t matter, or worse yet, like they matter only as a problem to be fixed, or at least silenced. That’s why teaching our children the importance of respecting others, and expecting others to respect them, is a cornerstone of Active Parenting.

While in California, I had a chance to meet with some people who embody this lesson, a group of parent educators at the Human Services Association in Huntington Park. Led by the inspiring Dr. Rosie Ramos, they have adopted Active Parenting: First Five Years for their family engagement program. Dr. Ramos’s own story of growing up in East Los Angeles, overcoming so much hurtful disrespect (and outright prejudice) in her early schooling, eventually earning a Ph.D. and taking a leadership role herself, makes her a great example of the resilience of some children. It has also imbued her and her staff with heightened awareness of the importance of treating all children, and all adults, with mutual respect.

Maybe if we parenting educators continue to bring this message to parents, it will not only filter its way down to their children, but also filter up to our nation’s leaders.

As always, thank you for the work you do for all children.

Dr. Michael Popkin
Founder and President
Active Parenting Publishers
The latest news from Active Parenting

An exciting announcement!
We have launched a new facilitator training—and it couldn’t be more convenient. The Active Parenting: First Five Years Online Leader Training Workshop is conducted over the internet and is self-study: when and where you want. For more information, see page 42 or go to www.activeparenting.com/OLTW.

“We have been using Active Parenting now nearly 20 years and have eager participation regularly. Great program.”
- Sister Suzanne Deliee, RSM
Little Sisters of the Assumption Family Health Service
New York, New York

Add your pin to our parenting map
Did you know that parents frequently visit ActiveParenting.com looking for parenting classes? Be sure you are listed so parents in your community can find the help they need. Your schedule does not need to be finalized to post a listing. Check out the other listings at www.activeparenting.com (click the “For Parents” tab)

Follow us on Instagram for a weekly dose of inspiring parenting quotes from Dr. Popkin. These Insta-thoughts are good conversation starters and will provide helpful content for your own social media pages.

HOW TO ORDER

Online: www.ActiveParenting.com
Email: cservice@activeparenting.com
Telephone: 800-825-0060 • Fax: 770-429-0334

www.ActiveParenting.com | 800.825.0060 | Order Now!

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HOW TO ORDER

Place your order via our secure website at www.ActiveParenting.com, or give us a call at 800-825-0060 x2 (we’re here Monday-Friday, 9:00-5:00 Eastern U.S. time). Do you have a purchase order? Send it to cservice@activeparenting.com or fax to 770-429-0334. Be sure to check our website for even more resources!

LANGUAGE OPTIONS

Our leading programs are available in Spanish as well as English. See pages 22-27.
If you need captioned videos, go to our website and do a search for the keyword “captions.”

EVIDENCE

Our parent education curriculums are grounded in research. For more information, call or visit our website.
This new curriculum addresses basic skills for parenting babies and young children, including non-violent discipline and school readiness. Perfect for new parents and early childhood staff training.

Pages 6-7

Helps parents raise responsible children (ages 5 to 12) who are able to resist negative peer pressure. Demonstrates non-violent discipline and effective communication skills. The kit is also now available in Spanish (pages 24-25) and in a Christian edition (in English; pages 20-21).

Pages 8-9

Includes the essential Active Parenting model, plus discussions about technology, the latest in teen drug use prevention, teen bullying, and special attention to stepfamilies. It has a flexible structure allowing for shorter classes and a focus on risk-prevention strategies.

Pages 10-11

Gives parents and teens critical tools for the challenging teen years: communication, mutual respect, conflict resolution, and more. Plus powerful information about preventing problems with drugs, alcohol, sex, and violence.

Pages 14-15

Offers important prevention and communication skills that teens and ‘tweens will use at school, at home, and in life. This new program features high-energy games, entertaining video, and get-real discussion.

Pages 12-13
Cooperative Parenting and Divorce

Helps divorcing parents learn to shield their children from parental conflict while establishing a positive new relationship as co-parents. Teaches the practical skills needed to manage anger, increase impulse control, resolve conflict and communicate effectively.

Page 16

Crossroads of Parenting & Divorce

A 4- to 6-hour seminar that meets the requirements of many courts for divorcing parents. In this class you will help parents become aware of how their actions may inadvertently harm their children, while providing them with the skills they need to stay child-focused.

Page 17

Active Parenting for Stepfamilies

A comprehensive parenting program and stepfamily prep program all rolled into one. Teaches how to build a new family and how to use positive communication and negotiation skills to strengthen both marriage and family.

Page 18

CAP combines the wisdom of the Bible with our evidence-based approach to give parents the strength and skills they need to raise upstanding children. Use this program to bring families closer to God and to build a more vibrant faith community.

Page 20-21

The Leader Training Workshop deepens your facilitation skills by showing you how to make your Active Parenting classes informative, entertaining, and effective. Train online or in person.

Pages 40-44
Check out the Active Parenting Online Learning Center, a unique collection of resources for parents, educators, and anyone interested in helping children and their families. And it’s all online! For more details about all our Online Learning Center options, go to www.ActiveParenting.com/APOLC. See pages 37-39 for more information about ways to get Active Parenting online education.

**Online Parenting Classes** - Parents can brush up on their Active Parenting or co-parenting skills at home at their own pace. See page 39.

**Online Video Library** - Give parents the chance to stream all the Active Parenting videos as needed. See page 38.

**Online Leader Training** - Sharpen your parent education skills and become a better facilitator through our webinars and online course. See page 42.

**Digital Program Kit** - Our app provides the complete Active Parenting 4th Ed. program kit as a Digital Program, including video and ebooks. See page 37.
OWN THE SUITE!

Cover all the ages & stages with our award-winning line of video-based parenting education programs.

From the cradle to the rave, we help you help them every step of the way.

Written by parenting expert Dr. Michael Popkin, the Active Parenting suite of programs provides three evidence-based curriculums used by tens of thousands parent educators worldwide to strengthen families through the best in parent engagement. Because each program is built around a similar learning structure of carefully integrated video vignettes, group discussion, artful slides, experiential activities, Leader’s and Parent’s Guides, and home activities, facilitators will be comfortable moving from one program to another.

For added convenience you can choose from multiple formats: a program kit for 4-6 session classes; a short “lunch & learn,” and a video library series. All are available in English and Spanish. For details, sample pages and videos, go to www.ActiveParenting.com/suite.

The Active Parenting: First Five Years program catches parents when they need you the most—from birth to age 5. With this class, you will demonstrate how to nurture young children with a “just right” combination of freedom and nonviolent discipline. The course covers important topics including parenting styles, temperament, mindfulness, brain development, self-calming, special needs, and school readiness.

Active Parenting 4th Ed., for parents of children ages 5-12, provides the essential Active Parenting model of open communication, encouragement, and nonviolent discipline. This edition also covers drug prevention, problem-solving, and bullying. There’s even a whole session devoted to parental engagement in a child’s school success. Use the program to equip parents for the glorious middle years.

Active Parenting of Teens provides much-needed reassurance to parents as they enter the tumultuous adolescent years. Along with a refresher of the essential Active Parenting methods—now with a teen twist—this program includes discussions about technology, teen drug use prevention (including prescription drugs), talking about sexuality, diffusing parent/teen power struggles, and more.
Early Childhood

ACTIVE PARENTING
First Five Years

by Michael H. Popkin, Ph.D.
Contributing authors: Amanda Sheffield Morris, PhD, IMH-E®; Ruth Slocum, LCSW, IMH-E®; and Laura Hubbs-Tait, PhD.

VIDEO & DISCUSSION PROGRAM

Parenting education for the early years
A child’s first few years are so important! Help parents make the most of them with Active Parenting: First Five Years (FFY). Written by parenting expert Dr. Michael Popkin with contributions from educators at Oklahoma State University Cooperative Extension, this course is a revision of our popular 1,2,3,4 Parents! program.

It’s what they want to know
FFY catches parents when they need you the most—from birth to age 5. With this class, you will demonstrate how to nurture young children with a “just right” combination of freedom and nonviolent discipline. The course covers important topics, including discipline, temperament, mindfulness, brain development, self-calming, special needs, and school readiness.

Easy for you to lead
FFY is a video-based course designed to be led in 3 or 4 sessions lasting 2 hours each; the unit on school readiness can be a single presentation. The step-by-step Leader’s Guide, included in the kit, tells you when to play the video, when to stop for discussion, and how to run activities. The video is available on DVDs or embedded in a colorful PowerPoint Presentation.

Tools for a dynamic class experience
Provide each class participant with the Parent’s Guide to offer a complete learning experience. It is filled with examples, charts, photos from the video, worksheets, and the PowerPoint slides. At the end of the class, present them with a Key Points Magnet and a Certificate of Completion.

Here’s what you’ll be teaching:

**Session I: You and Your Child**
• Styles of parenting
• Ages and stages of development
• Building a bond with your child
• The method of choice

**Session II: Preventing Problems**
• Your child’s beautiful brain
• Using nonviolent discipline
• The “A-C-T” of parenting

**Session III: Encouraging Positive Behavior**
• The power of encouragement
• Choices and consequences
• Caring for the caregiver

**Session IV: Preparing for School Success**
• 6 smart things parents can do to help young children get ready for school

The flexible design makes it possible for you to offer:

A. a comprehensive, 4-session course offering an in-depth exploration of the concepts and additional topics
B. a 3-session class for core Active Parenting skills
C. a 1-session unit on parent engagement skills to build school success

Join the Research Study, get rewards—and results
For details, just go to www.activeparenting.com/FFY-research
Pricing Information

Jump-Start Package
- 1 Standard Program Kit (see below)
- 15 Parent’s Guide
- 15 Parent Completion Certificates
- 15 Key Points Magnets
- 6-month subscription to FFY Online Video Library

1688 (video on DVD) ...... $599.00
1688P (video on PowerPoint) .. $599.00

Standard Program Kit
63 minutes of video on 1 PowerPoint with embedded video or 1 DVD + nonvideo PowerPoint, 1 Leader’s Guide, 1 sample Parent’s Guide, 1 sample Parent Certificate, 2 Course Announcement Posters, 1 Reproducible Flyer, 1 Key Points Magnet, Research Measurement Tools (download)

1680 (video on DVDs) ....... $399.00
1681 (video on PowerPoint) .. $399.00

For details about the Spanish version, see page 22.

1683 Parent’s Guides
1-24 ..................... $14.95 ea.
25-99 ..................... $13.95 ea.
100+ ...................... $12.95 ea.

Parent Certificates (pkg/15)
1684 ....................... $10.00

Key Points Magnets (pkg/5)
7157 ...................... $7.50

Video Library
Video #1: 1691 .................. $79.95
Video #2: 1692 .................. $79.95
Video #3: 1693 .................. $79.95
Video #4: 1694 .................. $79.95

Save $20 Set of 4 DVDs
1690 ........................ $299.00

169OLC Online Video Library
One-year subscription .... $199.00

Lunch & Learn Program
4 DVDs, 1 Leader’s Guide, 1 Parent’s Guide, 1 sample Parent Certificate, 1 Key Points Magnet, 2 Posters
4117 Standard ............... $349.00
3519 Jump-Start .......... $599.00

See our website for more materials. www.ActiveParenting.com/FFY

WE ALSO RECOMMEND . . .

Parenting BASICS videos See our website for more early childhood.
from InJoy
Practical babycare for new parents. Topics include: emotional health, positive discipline, fatherhood, self-care for moms, nutrition, safety, play, and milestones. Each video comes with a parent handout. See our website for more details and sample video scenes. 9-12 min. ea.

Sets of 6 videos:
6975 0-6 mos. .................. $399.00
6976 7-12 mos. ................ $399.00
6977 Set of all 12 videos ......... $750.00

Preschool Clues
by Angela C. Santomero, M.A.
The creator of “Blue’s Clues” explains how to harness the secrets of your child’s favorite TV shows to promote academic, social, and emotional growth. 298 pp.
9425 ........................ $16.99

How to Talk So Little Kids Will Listen
by Joanna Faber & Julie King
9412 ........................ $17.00

VIDEO LIBRARY

The First Five Years Video Library, available on DVD or online, contains all the same great video scenes from the discussion program. Each video is 9-23 minutes long. DVDs come with downloadable discussion guidelines and reproducible Parent’s Tips Sheets. Use these videos in your resource room, for home visits, at parent meetings, and more.

Video #1: You & Your Child
Video #2: Preventing Problems
Video #3: Encouraging Positive Behavior
Video #4: Preparing Your Child for School Success

LUNCH & LEARN

The Lunch & Learn program uses the Video Library to make it easy to offer a series of 4 short (50-60 minutes) parenting classes.

See our website for sample video & pages, supplemental materials, and more: www.ActiveParenting.com/FFY

A great revision! Our parents will love it!!
- Steven J. Hargrave, M.A., LPC-S, LMFT, NCC
Iberia Parish (Louisiana) School System
Valuable skills to bring back the joy of parenting ages 5-12
Active Parenting 4th Edition (AP4) contains the essential Active Parenting model that has benefited millions of families for over 35 years: encouragement, communication, and non-violent discipline. With this edition, we’ve added more content for today’s parents, including bullying, school success, and drug prevention; plus information for parents of special needs children.

Teach right out of the box!
The Leader’s Guide gives step-by-step instructions for a lively class filled with video, activities, and group discussion. The video is available on DVDs or embedded in a PowerPoint presentation. This program is also available in a digital format through an app. For info, see www.activeparenting.com/DE.

Flexible to suit your needs
AP4 is designed for a class of 3, 4, or 6 sessions lasting 2 hours each. The unit on parent encouragement can stand alone as a single presentation. There’s an optional 30-minute addition to each session called “AP and You,” to help parents apply their new skills at work and at home. This program is also available in Spanish (see p. 24).

Tools to create a dynamic class
Provide each class participant with the Parent’s Guide and Workbook to offer a complete learning experience. The easy-to-read Guide explains the program's concepts, and the Workbook offers worksheets, activities, and reprints of the PowerPoint slides. At the end of the class, present parents with a Key Points Magnet and their Certificate of Completion.

Here’s what you’ll be teaching:
Note: Each session has an optional 30-minute lesson about how to apply the same skills to parents’ own lives—at work and at home.

Session I: The Active Parent
• Styles of parenting
• Brain development in children
• The method of choice

Session II: Cooperation & Communication
• Who owns the problem?
• Active communication
• Feelings, empathy and problem-solving

Session III: Responsibility & Discipline
• Effective, non-violent discipline
• “I” messages
• Logical consequences

Session IV: Building Courage & Self-Esteem
• The Think-Feel-Do cycle
• Courage and self-esteem
• The power of encouragement

Session V: Understanding & Redirecting Misbehavior
• Why children misbehave
• Eliminating power struggles
• Handling anger
• Problem-solving with FLAC

Session VI: Active Parenting for School Success
• 7 Smart Things for School Success
• Structuring homework time
• Tobacco, alcohol, and other drugs
• Family talks
Pricing Information

Jump-Start Package
- 1 Standard Program Kit (see below)
- 15 Parent’s Guides
- 15 Parent’s Workbooks
- 15 Parent Completion Certificates
- 15 Key Points Magnets
- 6-month subscription to AP4 Online Video Library

1969 (video on DVDs) ........ $799.00
1969P (video on PowerPoint) .... $799.00

Standard Program Kit
170 minutes of video on 1
PowerPoint with embedded video
or 2 DVDs + nonvideo PowerPoint, 1
Parent’s Workbook, 1 sample Parent
Certificate, 2 Course Announcement
Posters, 1 Reproducible Flyer, 1
Key Points Magnet, Research
Measurement Tools (download)
1960 (video on DVDs) .......... $499.00
1961 (video on PowerPoint) .... $499.00
1960DE (*digital edition) ........ $499.00

Guide/Workbook Combo
**1-24 .................. $19.95 ea.

Parent’s Guides
**1-24 .................. $14.95 ea.

Parent’s Workbooks
**1-24 .................. $12.95 ea.

** Quantity Discounts Available

Parent Certificates (pkg/15)
1966 ....................... $10.00

Video Library
Video #1: 1971 ............ $79.95
Video #2: 1972 ............ $79.95
Video #3: 1973 ............ $79.95
Video #4: 1974 ............ $79.95
Video #5: 1975 ............ $79.95
Video #6: 1976 ............ $79.95

Save $70 Set of 6 DVDs
1970 ........................ $399.00

Lunch & Learn Program
6 DVDs, 1 Leader’s Guide, 1 Parent’s
Guide, 1 Parent’s Workbook, 1 Key
Points Magnet, 1 sample Parent
Certificate
4114 ........................ $449.00

See our website for more materials.
www.ActiveParenting.com/AP4

Best Value!

Working with diverse clients, I find they can always identify with one of the families presented in the video.

- Maggie P., Counselor
Pompano Beach, Florida

See our website for sample video & pages, supplemental materials, and more:
www.ActiveParenting.com/AP4

Screen-Free Fun
by Shannon Philpott-Sanders
Disconnect and reconnect with 400 ideas for creative fun. For families with children ages 6-12. 224 pp.
9426 .......................... $16.99

Teaching Kids to Think
by Darlene Sweetland, Ph.D.,
and Ron Stolberg, Ph.D.
Fueled by technology, today’s kids and teens are the Instant Gratification Generation—and they’re more dependent on their parents than ever. This book offers ways to build independence. 292 pp.
9394 .......................... $14.99

Taming the Spirited Child: Strategies for Parenting Challenging Children without Breaking Their Spirits
by Michael H. Popkin, Ph.D.
Some kids seem to be born more curious, adventurous, powerful, persistent and sensitive, presenting a challenge for parents and professionals. By Active Parenting’s Dr. Michael Popkin. 266 pp.
8839 .......................... $16.99

UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World
by Michele Borba, Ed.D.
9396 .......................... $25.00

We also recommend . . .

Ages 5 to 12 Ages 5 to 12 Ages 5 to 12

www.ActiveParenting.com/AP4  |  800.825.0060  |  Order Now!
Help for parents of teens and ‘tweens
This video-based program is easy to lead and includes the essential Active Parenting model, plus discussions about technology, the latest in teen drug use prevention (including prescription drugs), teen bullying, and special attention to stepfamilies. It is listed on the National Registry for Evidence-based Programs and Practices (NREPP).

Flexible design to reach more families
With so many different kinds of parents, why should there be only one kind of class? The Active Parenting of Teens program has a flexible structure allowing for shorter classes and a new focus on risk-prevention strategies. It is designed to make it easy for you to offer a class of 2, 3, 4, or 6 sessions lasting 2-2½ hours each.

It’s easy to lead a class
The kit Leader’s Guide gives step-by-step instructions for a lively class filled with video, activities, and discussion. The video is available on DVDs or embedded in an easy-to-use PowerPoint Presentation. (Check system requirements at: www.activeparenting.com/T-PPV)

Tools to create a dynamic class experience
Provide each class participant with the easy-to-read Parent’s Guide (232 pp.) to offer a complete learning experience. The Guide offers examples, charts, photos from the video, and worksheets so parents can practice their new skills at home. At the end of the class, present parents with their very own Certificate of Completion.

Here’s what you’ll be teaching:
Session I: The Active Parent
• Teens today
• Styles of parenting
• Control vs. influence
• Mutual respect
• Method of choice

Session II: Winning Cooperation
• Who owns the problem?
• Active communication with teens
• The key of encouragement

Session III: Responsibility and Discipline
• Logical consequences and more
• Problem-solving with FLAC

Session IV: Building Courage, Redirecting Misbehavior
• The Think-Feel-Do Cycle
• Courage and self-esteem
• Five goals of teen behavior
• Eliminating power struggles

Session V: Drugs, Sexuality, and Violence
• Reducing the risks
• Overview of the issues
• Prevention strategies 1-4 (focus on sexuality)

Session VI: Drugs, Sexuality, and Violence - continued
• Prevention strategies 5-10 (focus on alcohol, tobacco, and other drugs)
VIDEO LIBRARY

The Active Parenting of Teens Video Library, available on DVD or online, contains all the same great video scenes from the discussion program, united by additional narration. Each video is 24-34 minutes long. DVDs come with downloadable discussion guidelines and reproducible Parent’s Tips Sheets.

- Video #1: The Active Parent
- Video #2: Winning Cooperation
- Video #3: Responsibility & Discipline
- Video #4: Building Courage, Redirecting Misbehavior
- Video #5: Drugs, Sexuality, and Violence: Reducing the Risks, part 1
- Video #6: Drugs, Sexuality, and Violence: Reducing the Risks, part 2

LUNCH & LEARN

The Lunch & Learn program uses the Video Library to make it simple to offer a series of 6 short (50-60 minutes) parenting classes.

With Active Parenting of Teens, we are delivering a superior product to our clients.

-Sam Potter
Arizona Baptist Children’s Services

WE ALSO RECOMMEND...

Prescription for Trouble from CWK Network
Witness the true stories of the dangerous—and sometimes deadly—outcomes for teen prescription drug abusers, and hear from experts on what to do to stop this trend. A video for teens and parents. 22 min.

5285 ............................................ $79.95

Warning Signs
by Brian D. Johnson, Ph.D.; and Laurie D. Berdahl, M.D.
How to protect your kids from becoming victims or perpetrators of violence and aggression. 292 pp.

9406 ............................................. $18.99

See our website for more resources.

When Parents Ask for Help
by Renie Howard, Search Institute
Give parents of adolescents a fresh new look at their most frequently asked questions with these reproducible handouts. 144 pp.

8640 ............................................ $29.95

See our website for more resources.

Jump-Start Package
- 1 Standard Program Kit (see below)
- 15 Parent’s Guides
- 15 Parent Completion Certificates
- 6-month subscription to Teens Online Video Library

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Standard Program Kit
150 minutes of video on 1 PowerPoint with embedded video or 2 DVDs + nonvideo PowerPoint, 1 Leader’s Guide, 1 Parent’s Guide, 1 sample Parent Certificate, 2 Course Announcement Posters, 1 Reproducible Flyer, Research Measurement tools (download)

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Parent’s Guides
1-24 ............... $14.95 ea.
25-99 ............... $13.95 ea.
100+ ............... $12.95 ea.

Parent Certificates (pkg/15)
4504 .................. $6.00

Video Library

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Save $70 Set of 6 DVDs

4520D .................. $349.00

4520OVL Online Video Library
One-year subscription .... $239.00

Lunch & Learn Program
6 DVDs, 1 Leader’s Guide, 1 Parent’s Guide, 1 sample Parent Certificate, 2 Course Announcement Posters

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See our website for more materials.
www.ActiveParenting.com/Teens

WEB PR EVIE W

When Parents Ask for Help
For Teachers

The 5 Simple Truths of Raising Kids
by R. Bradley Snyder
Helps parents better understand and appreciate the teens in their lives while providing strategies for addressing modern problems in positive and productive ways. 178 pp.

9287 .......................... $16.95

Warning Signs
by Brian D. Johnson, Ph.D.; and Laurie D. Berdahl, M.D.
How to protect your kids from becoming victims or perpetrators of violence and aggression. 292 pp.

9406 ........................ $18.99

See our website for more resources.

www.ActiveParenting.com/Teens • See our website for more details
Teens in Action is a high-energy, video-based program for ages 11-16. In six lively sessions, you will teach important life skills while helping teens understand the dangers of risky behavior, such as alcohol and drug abuse.

**Addresses issues important to today’s teens**
Teens may act like they know it all, but they are full of questions and are eager to learn how to succeed in the adult world. *Teens in Action* is a fun way to help them understand changes in their bodies and brains, communicate in a mature way with adults and others, develop skills for resisting negative peer pressure, and learn techniques for peaceful conflict resolution.

Note: this program includes video from the *Active Parenting of Teens* program.

**So much fun, they won’t even know they’re learning!**
The *Teens in Action* Teen’s Guide is filled with stories, exercises, and vibrant graphics that present serious information in a not-too-serious way to help break down barriers. Several of the concepts are even presented using graphic novel format. Each Teen’s Guide comes with a Responsibility Coin (shown below).

The Teen’s Guide can be used in a *Teens in Action* group, but is terrific on its own. Parents will also find this book helpful in understanding their teens.

**Session I: To Survive and Thrive**
- 5 key qualities of character
- Understanding parents
- Your brain on adolescence
- The power of choice
- School success
- Challenges of teen life: drugs, sexuality and violence

**Session II: Cooperation and Communication**
- The Spiral of Success
- Communication: the road to cooperation

**Session III: Responsibility & Discipline**
- Responsibility and freedom
- The voice of discipline
- Understanding and accepting consequences

**Session IV: Building Courage and Self-Esteem**
- Courage and self-esteem
- The Think-Feel-Do Cycle
- Turn discouragement into encouragement
- Getting past power struggles

**Session V: Reducing the Risks, part 1**
- 10 risk-prevention strategies for teens
- Negative vs. positive influences
- Talking about sexuality

**Session VI: Reducing the Risks, part 2**
- Tobacco, alcohol, and other drugs
- Bullying & relationship violence
- Peer pressure
- Confronting high-risk behavior
Families in Action — for teens and parents together

Bring parents and adolescents together with this research-based program.

See page 14 for more information.

Pricing Information

Jump-Start Package
- 1 Standard Program Kit (see below)
- 15 Teen's Guides
- 15 Responsibility Coins
- 15 Teen Completion Certificates
- 15 Parent/Teen Combo Certificates
- 6-month subscription to TIA Online Video Library

1749 . . . . . . . . . . . . . . . $489.00

Standard Program Kit
- 1 DVD (124 min.)
- 1 Teen & Parent/Teen Combo Leader's Guide
- PowerPoint Presentation
- 1 sample Teen's Guide
- 1 Responsibility Coin
- 1 Teen Completion Certificate
- 2 Course Announcement Posters
- Parent/Teen class materials (optional)

1740. . . . . . . . . . . . . . . . . $299.00

When you need extras...

Teen's Guides
Each book comes with a free Responsibility Coin.
(215 pp.)
1-24 . . . . . . . . . . . . .  $13.95 ea.
25-99 . . . . . . . . . . . .  $12.95 ea.
100+ . . . . . . . . . . . .  $11.95 ea.

Additional Responsibility Coins
1736. . . . . . . . . . . . . . . . . $1.00 ea.

Teen Certificates (pkg/15)
1744. . . . . . . . . . . . . . . . . . . . . $6.00

Video Library
Video #1: To Survive and Thrive
Video #2: Cooperation and Communication
Video #3: Responsibility & Discipline
Video #4: Building Courage and Self-Esteem
Video #5: Drugs, Sexuality, and Violence: Reducing the Risks, part 1
Video #6: Drugs, Sexuality, and Violence: Reducing the Risks, part 2

Visit us online for other materials that will supplement your Teens in Action program.
www.ActiveParenting.com/TIA

WE ALSO RECOMMEND . . .

Communication Skills for Teens
by Michelle Skeen, Psy.D.; Matthew McKay, Ph.D.; Patrick Fanning; and Kelly Skeen
Communication is an essential life skill that every teen must learn. This book teaches the necessary skills—such as assertiveness, active listening, and compassion—to become an effective communicator for life. 193 pp.
9397 . . . . . . . . . . . . . . . $16.95

The Complete Anti-Bullying Kit
from TMW Media Group
Set of 3 video workshops using humor to provide useful strategies for educators, parents, and teens. (175 min. total)
6974 . . . . . . . . . . . . . . . $175.00

Good Kids, Bad Choices
from CWK Network
Why do some teens take dangerous risks with alcohol, marijuana and other drugs, reckless driving, and sexual behavior? What are the underlying causes of the bad choices they make? How can the risks of adolescence be minimized? A video for teens and parents. With downloadable Resource Guide. 22 min.
5282 . . . . . . . . . . . . . . . $79.95

How to Feel Good: 20 Things Teens Can Do
by Tricia Mangan
9261 . . . . . . . . . . . . . . . $12.95

Ending Violence: Find Your Voice program
from Break the Cycle
An interactive curriculum designed to teach teens how to prevent abusive relationships. Includes segments for students and adults, and classroom materials in English and Spanish.
6919 . . . . . . . . . . . . . . . $108.00

The new edition] is so much easier to use, and I really like the way the Leader's Guide is arranged.
- Sue Cross, Chaffey Adult School Ontario, California

Visit our website for more resources.
www.ActiveParenting.com/TIA

Best Value!
Have you heard about Active Parenting of Teens: Families in Action?

It’s a parenting class!
Need a class just for adults? Here are six dynamic sessions for parents on how to guide their adolescents through the challenging teen years.

It’s a life skills class for teens!
Working with youth? Use these action-packed classes to share powerful communication and life skills teens will need throughout their lives.

It’s a class for parents and teens together!
Well, almost together. When you lead this version of the program, you’ll separate parents and teens for the classes described above. They’ll come together at the end of each session for an activity and to share what they’ve learned. Parents and teens—together at last.

What else?

Easy to lead
No training required! Step-by-step Leader’s Guides tell when to play the video, what questions to ask for discussion, and how to run the energizing activities.

Evidence-based
Research on this program was published in two academic journals, and it is listed in the OJJDP Model Program Guide and the California Evidence-Based Clearinghouse for Child Welfare.

Full of fun!
Each class is filled with entertaining video, conversation, and activities. They’ll even have memorable Participant’s Guides to take home.

Order Now! | 800.825.0060 | www.ActiveParenting.com/FIA
My favorite part about this program is how it gets teens and parents talking.

-Sue Cross, Chaffey Adult School
Ontario, California

by Michael H. Popkin, Ph.D. & Peggy Hendrickson, M.A., M.S.W., A.C.S.W.

VIDEO & DISCUSSION PROGRAM

A program for bringing parents and teens together

Parents and teens are often at odds—but it doesn’t have to be that way. When parents and teens learn together, they will have a common language and skills for a smoother ride.

That’s where Active Parenting of Teens: Families in Action comes in. Based on Active Parenting of Teens (p. 10), this program can be used to give families critical tools for the challenging teen years: communication, mutual respect, risk-prevention, and more.

Three programs in one!

We’ve built in the flexibility you need to reach as many people as possible. Your program kit can be used in three ways:

- a class for parents: Active Parenting of Teens
- a class for teens: Teens in Action
- a class for parents and their teens together: Families in Action!

In six 2½-hour sessions, parents and/or teens will learn:

Session I: Understanding each other • What’s going on in a teen’s brain • Mutual respect

Session II: Communication • Active communication skills • The Spiral of Success

Session III: Responsibility • Choices and consequences • Problem-solving

Session IV: Building Courage • Four key encouragement skills • Power through negotiation

Session V: Risk Prevention, Part 1 • The power of positive role models • Talking about sexuality

Session VI: Risk Prevention, Part 2 • Tobacco, alcohol, and other drugs • Bullying and relationship violence • Peer pressure

Research proves it’s effective!

Research on this program was published in the Journal of Drug Education and the Journal of Primary Prevention. Families in Action is listed in the OJJDP Model Programs Guide and NREPP.

Pricing Information

3-in-1 Jump-Start Package

- 1 Standard Program Kit (see below)
- 15 Parent’s Guides
- 15 Teen’s Guides
- 15 Responsibility Coins
- 45 certificates (15 of each)

$898.00

3-in-1 Standard Program Kit

- 2 parent class DVDs (150 min.)
- 1 Parent PowerPoint Presentation
- 1 Parent/Teen & Teen PowerPoint
- 1 teen class DVD (124 min.)
- 1 Parent’s Guide
- 1 Teen’s Guide + Responsibility Coin
- 1 set of Parent Handouts
- 1 parent class Leader’s Guide
- 1 Parent/Teen & Teen Combo Leader’s Guide
- 1 sample Parent Certificate
- 1 sample Teen Certificate
- 1 sample Parent/Teen Certificate
- Promotional & Marketing Tools

$549.00

When you need extras...

4503 Parent’s Guides
1-24.......................... $14.95 ea.
100+.......................... $12.95 ea.

1743 Teen’s Guides
1-24.......................... $13.95 ea.
25-99.......................... $12.95 ea.
100+.......................... $11.95 ea.

PowerPoint Presentations

4507 Parent .................. $49.00
1746 Parent/Teen & Teen... $49.00

For a character education program for teens alone, see page 12.

See our website for more materials.

www.ActiveParenting.com/FIA
**Co-parenting**

**Cooperative Parenting and Divorce**

by Susan Boyan, M.Ed., LMFT, and Ann Marie Termini, Ed.S., M.S., LPC.

**VIDEO & DISCUSSION PROGRAM**

This video-based program helps divorcing parents shield their children from parental conflict. Parents learn to guide their children through the process of recovery while establishing a positive, long-term relationship with the child’s other parent.

**Ideal for court-ordered divorce seminars**

- Designed to be the “next step” in the continuum of services for counties that have divorce seminars.
- Educates parents about the impact of their conflict on their child, as well as children’s issues in divorce.
- Teaches parents the practical skills they need to manage anger, increase impulse control, resolve conflict and learn how to communicate effectively.

**How the program works . . .**

The program is part video and part group discussion. It is designed for 8 sessions lasting 2–2½ hours each and is recommended for groups of 10 to 16 parents.

**Make a positive impact on parents in eight sessions (16-20 hours):**

**Session I:**
- Child-Focused or Out of Focus: Making a Commitment to Care

**Session II:**
- Plan for Peace or Tug of War: Allowing My Child to Love Both Parents

**Session III:**
- Letting Go or Holding On: Changing My Long-Term Role

**Session IV:**
- Make It Better or Keep it Bitter: Choosing My Personal Path

**Session V:**
- Neither Fight Nor Flight: Managing My Anger

**Session VI:**
- Defuse or Light the Fuse: Taking Control of Conflict

**Session VII:**
- All A Winner or Winner Take All: Negotiating Agreements

**Session VIII:**
- Cooperation or Conflict: Co-Parenting is Forever

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**Pricing Information**

**Jump-Start Package**

- 1 Standard Program Kit (see below)
- 15 Parent’s Guides
- 15 Parent Completion Certificates

**3113D . . . . . . . . . . . . . . . $589.00**

**Standard Program Kit**

- 1 DVD (36 min.)
- 1 Leader’s Guide
- PowerPoint Presentation
- 1 sample Parent’s Guide
- 1 sample Parent Certificate
- Promotional Materials and Forms (flyers, letters, & forms on CD)

**3100D .................... $349.00**

**3103 Parent’s Guides**

- Take parents through the course and will become an excellent home resource later. (201 pp.)

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<td>100+</td>
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**3104 Parent Certificates (pkg/15)**

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**3102 Leader’s Guide**

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<td>$49.95</td>
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**3108 PowerPoint Presentation (20 slides)**

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**3108E online download . . . $39.95**

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See our website for more materials. www.ActiveParenting.com/CPD
How the seminar works . . .

This seminar combines video, activities, skill development, and discussion. It is designed for one session lasting 4 hours, and can be used with large or small groups. Optional activities extend the program to 6 hours. The Parent’s Guide provides vital information, examples, and exercises to support what they have learned. (The Parent’s Guide also stands alone and is useful even for parents who don’t take the class.) Certificates can be ordered for all attendees.

In just one session (4-6 hours), parents will learn:

Step 1: Keep your child out of the middle.
Step 2: Allow your child to love both parents.
Step 3: Work on your own recovery.
Step 4: Develop new communication skills.
Step 5: Create a positive new relationship as co-parents.

Crossroads is derived from the evidence-based Cooperative Parenting and Divorce program (opposite page) and shares scenes from the same video.

4-hour class

www.ActiveParenting.com/XPD  |  800.825.0060  |  Order Now!
Active Parenting for Stepfamilies

by Michael H. Popkin, PhD & Elizabeth Einstein, MA, LMFT

**VIDEO & DISCUSSION PROGRAM**

Active Parenting for Stepfamilies is a program to help parents and stepparents raise children in the challenging blended family environment. It also teaches how to use powerful communication and negotiation skills to strengthen marriage and family.

Active Parenting for Stepfamilies is a comprehensive parenting program as well as a stepparenting preparation program, all rolled into one. Designed for both parents and stepparents, it is also helpful for foster parents, adoptive parents, single parents and others affected by loss and change.

For your convenience, Active Parenting for Stepfamilies is available in five formats:

- Program kit for 6-session class
- Program kit for 3-session class
- Set of 6 DVDs with handouts
- Lunch & Learn program kit
- Online Video Library

In 6 2½-hour sessions, parents & stepparents will learn:

**Session I: Forming a new family**
- Emotional baggage
- Styles of parenting
- Mutual respect

**Session II: Communication**
- Roles of stepparents
- Effective communication
- Problem-handling model

**Session III: Loyalties & Values**
- Differences in values
- Setting limits
- Triangles/loyalty conflicts

**Session IV: Discipline**
- Effective, nonviolent discipline
- Logical consequences
- Steffamily considerations

**Session V: Power Struggles & Encouragement**
- Defusing power struggles
- Building courage and self-esteem
- Nurturing by encouragement

**Session VI: Celebrating Steffamily Successes**
- Making a conscious commitment
- Celebrating your achievements
- Protecting your success

*This program helps address issues with confidence, and will be of tremendous assistance to these families.*

-Kenneth Lake
Family & Community Educational Services
Sacramento, California

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**Pricing Information**

**Jump-Start Package**
- 1 Standard Program Kit (see below)
- 15 Parent’s Guides
- 15 Parent Completion Certificates
- 6-month subscription to APSF Online Video Library

1949D ............... $599.00

**Standard Program Kit**
2 DVDs (202 min.), 1 Leader’s Guide, 1 PowerPoint Presentation, 1 Parent’s Guide, 1 sample Parent Certificate, 4 Course Announcement Posters, 1 Reproducible Flyer (download), Research Tools (download)

1940D .................. $399.00

**Short Program**
A 3-session course focusing specifically on stepfamily issues.

1950D .................. $249.00

1943 Parent’s Guides
1-24 .................. $14.95 ea.
25-99 ................. $13.95 ea.
100+ .................. $12.95 ea.

**Video Library**

| Video #1: 1921D | $69.95 |
| Video #2: 1922D | $69.95 |
| Video #3: 1923D | $69.95 |
| Video #4: 1924D | $69.95 |
| Video #5: 1925D | $69.95 |
| Video #6: 1926D | $69.95 |

**Save $70** Set of 6 DVDs
1920D ............... $349.00

**Lunch & Learn Program**
6 DVDs, 1 Leader’s Guide, 1 Parent’s Guide, 1 sample Parent Certificate, 2 Course Announcement Posters

4109D .................. $399.00

See our website for more materials.
Active Parenting programs support school success

A parent’s top job is to teach children how to survive and thrive in the society in which they live. This means school as well as home. But how can a parenting education program help kids in school?

Before they can even begin learning the 3 R’s, children need to know 3 H’s: how to listen, how to solve problems, how to get along. The Active Parenting programs teach these important skills to parents, which they in turn can use to support their children in school. With Active Parenting, parents will provide a foundation for students to build on as they move through the school years.

Active Parenting programs support academic success, too. Each program stresses that parents are a child’s first teachers. The programs describe ways to support brain development and critical thinking throughout childhood. Family literacy is encouraged from the very beginning, with video scenes showing parents reading and playing purposefully with their children to develop language and math skills. At later stages, the programs demonstrate ways to stimulate critical thinking in older children and teens.

Reach out to parents with a School Success Workshop

Need to do a parent engagement workshop? These materials will help. Videos come with discussion guidelines and are available in English and Spanish.

Video for early childhood: “Preparing Your Child for School Success”
1694 ........... $79.95

Video for ages 5-12: “Active Parenting for School Success”
1976 ........... $79.95

Video for teens and their parents: “Bright Kids, Bad Grades”
5281 ........... $79.95

1503 ........... $13.95
Raising children of joy, character, and a living faith

Christian Active Parenting (CAP) combines the wisdom of the Bible with our evidence-based approach to give parents the strength and skills they need to raise upstanding children. Use CAP to guide anxious parents, to bring families closer to God, and to build a more vibrant faith community.

Flexible design to reach more families

Based on Active Parenting 4th Edition (p. 8), CAP makes it easy for you to offer a class of 3, 4, 6, or 12 sessions lasting 1-2½ hours each. The unit on school success can even stand alone as a 1-night presentation to give parents a boost at the start of the school year.

Valuable skills to bring back the joy of parenting

CAP uses scripture to explore the essential Active Parenting model: encouragement, communication, and non-violent discipline. With this edition, we’ve added topics that worry today’s parents most, including bullying, the role of Christianity in their children’s lives, and drug prevention. CAP is designed for parents of children ages 5 to 12.

It’s easy to lead a class

The kit Leader’s Guide gives step-by-step instructions for a lively class filled with video, activities, and discussion. The video is available on DVDs or embedded in an easy-to-use PowerPoint Presentation. (Check system requirements at: www.activeparenting.com/C-PPV)

Here’s what you’ll be teaching:

Session I: The Active Parent
- Styles of parenting
- Brain development in children
- Quiet time with God

Session II: Cooperation & Communication
- Who owns the problem?
- Active communication
- Feelings, empathy and problem-solving
- Introducing Bible reading to your kids

Session III: Responsibility & Discipline
- Non-violent discipline guided by God’s love
- Logical consequences

Session IV: Building Courage & Self-Esteem
- The Think-Feel-Do cycle
- Courage and self-esteem
- Biblical tradition of encouragement

Session V: Understanding & Redirecting Misbehavior
- Why children misbehave
- Eliminating power struggles
- Overcoming anger through the word of God
- Problem-solving with FLAC

Session VI: Active Parenting for Unity and School Success
- 7 Smart Things for School Success
- Christian influences in your child’s life
- Tobacco, alcohol, and other drugs
- Family talks
VIDEO LIBRARY
The Christian Active Parenting Video Library, available on DVD or online, contains all the same great video scenes from the discussion program. Each video is 28-42 minutes long. DVDs come with downloadable discussion guidelines and reproducible Parent Handouts.

Video #1: The Active Parent
Video #2: Cooperation & Communication
Video #3: Responsibility & Discipline
Video #4: Building Courage & Self-Esteem
Video #5: Understanding & Redirecting Misbehavior
Video #6: Active Parenting for Unity and School Success

LUNCH & LEARN
The Lunch & Learn program uses the Video Library to make it easy to offer a series of 6 short (50-60 minutes) parenting classes.

Jump-Start Package
- 1 Standard Program Kit (see below)
- 15 Parent's Guides
- 15 Parent's Workbooks
- 15 Parent Completion Certificates
- 15 Key Points Magnets
- 6-month subscription to CAP Online Video Library

Pricing Information

1999D (video on DVDs) .......... $799.00
1999P (video on PowerPoint) .......... $799.00

Standard Program Kit
197 minutes of video on 1 PowerPoint with embedded video
or 2 DVDs + nonvideo PowerPoint,
1 Leader’s Guide, 1 Parent’s Guide, 1 Parent’s Workbook, 1 sample Parent Certificate, 2 Course Announcement Posters, 1 Reproducible Flyer, 1 Key Points Magnet, Research Measurement Tools (download)

1990 (video on DVDs) .......... $499.00
1991 (video on PowerPoint) .......... $499.00

1995 Guide/Workbook Combo
**1-24 .................. $19.95 ea.

1993 Parent’s Guides
**1-24 .................. $14.95 ea.

1994 Parent’s Workbooks
**1-24 .................. $12.95 ea.

**Quantity Discounts Available

Parent Certificates (pkg/15)
1996 ....................... $10.00

Video Library
Video #1: 1981 ............ $79.95
Video #2: 1982 ............ $79.95
Video #3: 1983 ............ $79.95
Video #4: 1984 ............ $79.95
Video #5: 1985 ............ $79.95
Video #6: 1986 ............ $79.95

Save $70 Set of 6 DVDs
1980  . . . . . . . . . . . . . . . . . $399.00

Lunch & Learn Program
6 DVDs, 1 Leader’s Guide, 1 Parent’s Guide, 1 Parent’s Workbook, 1 Key Points Magnet, 1 sample Parent Certificate, 2 Course Announcement Posters

4115 Standard ............... $449.00
3513 Jump-Start ............. $749.00

Scribbling a Masterpiece: Doodle to Your Destiny
by Sue Allen; illus. by Margo Owens Boden
God yearns for us to doodle our way to abundant life, but too often we stay inside familiar lines. This book provides joyful inspiration to hear God’s call. (28 pp.)

9416 .................. $12.99

He’s Almost a Teenager: Essential Conversations to Have Now
by Larson, Larson, Arp and Arp
Offers help with 8 difficult topics, with starter questions and talking points for meaningful discussions. 192 pp.

9416 .................. $12.99

Overcoming Toxic Parenting
by Rick Johnson
Explains how to break a cycle of abuse or neglect to create a positive family environment, by healing spiritual wounds and replacing negative parenting lessons with new practices. 201 pp.

9419 .................. $13.99

Fun-Filled Parenting
by Silvana Clark
How to turn devotions, meals, homework time, chores and other not-so-obvious family times into moments of warmth, trust, and creativity. 189 pp.

9361 .................. $12.99

See our website for sample video & pages, supplemental materials, and more:
www.ActiveParenting.com/CAP

We also recommend...

WE ALSO RECOMMEND . . .

We love the new Christian Active Parenting. The videos have sparked honest dialogue about the challenges they face as parents, particularly around the issue of discipline.

Kristina Gibson, Program Director, Isaiah 43 Catholic Charities Archdiocese of New Orleans

www.ActiveParenting.com/CAP •  800.825.0060 • Order Now!

See our website for more Christian materials.
Parenting education for the early years—en español
A child’s first five years are so important! Help Spanish-speaking parents make the most of them with *Paternidad Activa: Los primeros cinco años*, the Spanish edition of our popular *Active Parenting: First Five Years* program (page 7). Written by parenting expert Dr. Michael Popkin with contributions from educators at Oklahoma State University Cooperative Extension, this course is a revision of our popular *¡1,2,3,4 Padres!* program. All materials are in Spanish. Video is dubbed.

It’s what they want to know
*Paternidad Activa: Los primeros cinco años* catches parents when they need you the most—from birth to age 5. With this class, you will demonstrate how to nurture young children with a “just right” combination of freedom and nonviolent discipline. The course covers important topics, including discipline, temperament, mindfulness, brain development, self-calming, special needs, and school readiness.

Easy for you to lead
*Paternidad Activa: Los primeros cinco años* is a video-based course designed to be led in 3 or 4 sessions lasting 2 hours each; the unit on school readiness can be a single presentation. The step-by-step Leader’s Guide, included in the kit, tells you when to play the video, when to stop for discussion, and how to run activities. The video is available on DVDs or embedded in a colorful PowerPoint Presentation.

Tools for a dynamic class experience
Provide each class participant with the Parent’s Guide to offer a complete learning experience. It is filled with examples, charts, photos from the video, worksheets, and the PowerPoint slides. At the end of the class, present them with a Key Points Magnet and a Certificate of Completion.

Check our webpage for details, including sample video scenes: www.activeparenting.com/FFYS. Preview the program FREE for 30 days!
The Paternidad Activa Video Library, available on DVD or online, contains all the same great video scenes from the discussion program—dubbed in Spanish. Each video is 9-23 minutes long. DVDs come with downloadable discussion guidelines and reproducible Parent’s Tips Sheets in Spanish. Use these videos in your resource room, for home visits, at parent meetings, and more. See page 7 for English titles.

Video #1: Usted y su niño
Video #2: Prevención de problemas
Video #3: Apoyar el comportamiento positivo
Video #4: Preparación para el éxito en la escuela

The Lunch & Learn program uses the Video Library to make it easy to offer a series of 4 short (50-60 minutes) parenting classes in Spanish.

Parenting BASICS videos (Spanish) from InJoy
These informative videos for new parents provide essential information in just 10 minutes. Each video targets a different topic for a different age. Topics include: emotional health, positive discipline, fatherhood, self-care for moms, nutrition, safety, play, and milestones. With downloadable parent handouts in Spanish. Videos are also sold separately. Narrated and dubbed in Spanish. 10-12 min. ea.

Sets of 6 videos:
- 6975SP 0-6 months ................. $399.00
- 6976SP 7-12 months ............... $399.00
- 6977SP Set of all 12 videos ....... $750.00

THE LUNCH & LEARN

The Lunch & Learn program uses the Video Library to make it easy to offer a series of 4 short (50-60 minutes) parenting classes in Spanish.

WE ALSO RECOMMEND . . .

Podemos llevarnos bien (We Can Get Along) by Lauren Murphy Payne; illus. by Melissa Iwai
This bilingual book teaches tolerance and encourages kindness, showing children they have the power to make good choices. For ages 3-8. 44 pp.

9434 ........................................ $12.45

Golpes y gritos (Shaking, Hitting and Spanking: What to Do Instead)
This video shows 4 common scenarios that often lead to shaking, hitting, or spanking a child; followed by a non-violent alternative. 30 min.

6419D ............................... $95.00

The Latino’s Guide to Parenting: 50 Ways to Be an Effective Father by S. Moreno, M.Ed., and C.F. Gipson
Realistic ways to make positive life decisions, help kids in school, and face the challenges of our demanding world. 111 pp.

8993 (English) ...................... $19.95
8993SP (Spanish) ................. $19.95

Spanish Resources

Pricing Information
All materials are in Spanish.

Jump-Start Package
- 1 Standard Program Kit (see below)
- 15 Parent’s Guides
- 15 Parent Completion Certificates
- 15 Key Points Magnets
- 6-month subscription to FFYS Online Video Library

2238D (video on DVD) .......... $599.00
2238P (video on PowerPoint)..... $599.00

Standard Program Kit
64 minutes of video on 1 PowerPoint with embedded video or 1 DVD + nonvideo PowerPoint,
1 Leader’s Guide, 1 Parent’s Guide,
1 sample Parent Certificate, 2 Course Announcement Posters, 1 Reproducible Flyer, 1 Key Points Magnet

2230 (video on DVDs) .......... $399.00
2231 (video on PowerPoint)..... $399.00

2233 Parent’s Guides
1-24 ............................... $14.95 ea.
25-99 ............................. $13.95 ea.
100+ ............................. $12.95 ea.

Parent Certificates (pkg/15)
2234 ........................................ $10.00

Key Points Magnets (pkg/5)
7158 .......................... $7.50

Video Library
Video #1: 2241 ............... $79.95
Video #2: 2242 ............... $79.95
Video #3: 2243 ............... $79.95
Video #4: 2244 ............... $79.95

Save $20 Set of 4 DVDs
2240 ................................ $299.00
224OLC Online Video Library
One-year subscription ............ $199.00

Lunch & Learn Program
4 DVDs, 1 Leader’s Guide, 1 Parent’s Guide, 1 sample Parent Certificate,
1 Key Points Magnet, 2 Posters

4118 Standard .................. $349.00
3516 Jump-Start ................. $599.00

See our website for more materials.
www.ActiveParenting.com/FFYS
Help for Spanish-speaking parents

Paternidad Activa 4a Edición (PA4) is the Spanish version of our Active Parenting 4th Edition program for parents of children ages 5-12. This revised edition includes video dubbed in Spanish, more convenient parent’s guides, and an emphasis on hot topics. It’s an evidence-based program that is proven to help parents in their most important job.

More flexible than ever

The PA4 program is designed for a class of 3, 4, or 6 sessions lasting 2 hours each. The unit on parent involvement can even stand alone as a 1-night presentation. We’ve also provided an optional 30-minute addition to each session, called “AP and You,” that helps parents apply their new skills at work and at home.

Valuable skills to bring back the joy of parenting

PA4 contains the essential Active Parenting model that has benefited millions of families in the past 35 years: encouragement, communication, and non-violent discipline. With this edition, we’ve added content for today’s parents, including bullying, school success, and drug prevention. There is also optional information for parents of special needs children.

It’s easy to lead a class

The kit Leader’s Guide gives step-by-step instructions for a lively class filled with video, activities, and discussion. The video is available on DVDs or embedded in an easy-to-use PowerPoint Presentation. (Check system requirements at: www.activeparenting.com/P-PPV)

Here’s what you’ll be teaching:

Note: Each session has an optional 30-minute lesson about how to apply the same skills to parents’ own lives—at work and at home.

Session I: The Active Parent
- Styles of parenting
- Brain development in children
- The method of choice

Session II: Cooperation & Communication
- Who owns the problem?
- Active communication
- Feelings, empathy & problem-solving

Session III: Responsibility & Discipline
- Effective, non-violent discipline
- “I” messages
- Logical consequences

Session IV: Building Courage & Self-Esteem
- The Think-Feel-Do cycle
- Courage and self-esteem
- The power of encouragement

Session V: Understanding & Redirecting Misbehavior
- Why children misbehave
- Eliminating power struggles
- Handling anger
- Problem-solving with FLAC

Session VI: Active Parenting for School Success
- 7 Smart Things for School Success
- Structuring homework time
- Tobacco, alcohol, and other drugs
The Paternidad Activa 4a edición Video Library, available on DVD or online, is a dubbed version of our Active Parenting 4th Edition videos on page 9. Each video is 25-35 minutes long. DVDs come with downloadable discussion guides and reproducible Parent’s Handouts in Spanish. See page 9 for English titles.

Video #1: El Padre Activo
Video #2: Cooperación y comunicación
Video #3: Responsabilidad y disciplina
Video #4: Desarrollar coraje y autoestima
Video #5: Redireccionado el mal comportamiento
Video #6: Preparando a su hijo para triunfar en la escuela

The videos gave great examples, which parents were able to relate to and gain a better understanding.

Ana Martinez, Palisades Family Success Center
Union City, New Jersey

WE ALSO RECOMMEND...

Más Vale Prevenir... (An Ounce of Prevention) from Gold Bell Productions
Features healthcare providers and people from several Spanish-speaking countries addressing important parenting issues. Topics include dental health, obesity, navigating the U.S. healthcare system, using interpreters, and more. In Spanish with English subtitles. 58 min.
6995 ........................................ $199.00

Cómo Lograr que sus Hijos Triunfen en la Escuela (Helping Your Child Succeed in School) from Active Parenting
Shows parents fun, supportive and creative ways to help their children do better in school—and in life. 180 pp.
1514 ........................................ $10.95

My Family, My Self: The Latino Guide to Emotional Well-Being from CLUES
A culturally sensitive guide specific to the emotional health of Latinos, with a focus on family, in navigating the psychological, social, and cultural challenges faced after immigrating to America. 227 pp.
9323 ........................................ $14.95

Visit us online for other materials that will supplement your Paternidad Activa program.
www.ActiveParenting.com/PA4

Spanish Resources

Pricing Information

All materials are in Spanish.

Jump-Start Package
– 1 Standard Program Kit (see below)
– 15 Parent’s Guides
– 15 Parent’s Workbooks
– 15 Parent Completion Certificates
– 15 Key Points Magnets
– 6-month subscription to PA4

Online Video Library
2229 (video on DVDs) ............. $799.00
2229P (video on PowerPoint) .... $799.00

Standard Program Kit
170 minutes of video on 1 PowerPoint with embedded video or 2 DVDs + nonvideo PowerPoint,
1 Leader’s Guide, 1 Parent’s Guide, 1 Parent’s Workbook, 1 sample Parent Certificate, 2 Course Announcement Posters, 1 Reproducible Flyer, 1 Key Points Magnet, Research Measurement Tools (download)
2220 (video on DVD) ............. $499.00
2221 (video on PowerPoint) .... $499.00

2225 Guide/Workbook Combo
**1-24 .................. $19.95 ea.

Parent’s Guides
**1-24 .................. $14.95 ea.

Parent’s Workbooks
**1-24 .................. $12.95 ea.

Quantity Discounts Available

Parent Certificates (pkg/15)
2226 ....................... $10.00

Video Library
Video #1: 1291 ............. $79.95
Video #2: 1292 ............. $79.95
Video #3: 1293 ............. $79.95
Video #4: 1294 ............. $79.95
Video #5: 1295 ............. $79.95
Video #6: 1296 ............. $79.95
Save $70 Set of 6 DVDs
1290 .......................... $399.00

Lunch & Learn Program
6 DVDs, 1 Leader’s Guide, 1 Parent’s Guide, 1 Parent’s Workbook, 1 Key Points Magnet, 1 sample Parent Certificate, 2 Course Announcement Posters
4116 .......................... $449.00

See our website for more materials.
www.ActiveParenting.com/PA4
The Cooperative Parenting and Divorce program—now in Spanish
This video-based program helps divorcing parents shield their children from parental conflict. Parents will learn to guide their children through the process of recovery while establishing a positive relationship with the child’s other parent. For more details, see page 16 or see our website.

How the program works . . . This program is part video and part group discussion. It is designed for 8 sessions lasting 2-2½ hours each and is recommended for groups of 10 to 16 parents.

In eight 2-hour sessions, parents will learn:

Session I:
• Child-Focused or Out of Focus: Making a Commitment to Care

Session II:
• Plan for Peace or Tug of War: Allowing My Child to Love Both Parents

Session III:
• Letting Go or Holding On: Changing My Long-Term Role

Session IV:
• Make It Better or Keep it Bitter: Choosing My Personal Path

Session V:
• Neither Fight Nor Flight: Managing My Anger

Session VI:
•Defuse or Light the Fuse: Taking Control of Conflict

Session VII:
• All A Winner or Winner Take All: Negotiating Agreements

Session VIII:
• Cooperation or Conflict: Co-Parenting is Forever

Las Familias Hablan Sobre... (Families Talk about...)
from Rose Films
In these inspirational videos, parents speak about their experiences relating to their children in ways that reflect kindness, love, and consideration—even in challenging circumstances. Comes with discussion guide. Dubbed in Spanish. 19-28 min. ea.

1254D Fathers Matter .......... $79.95
1256D Single Parenting ...... $79.95
1259D Grandparents as Parents $79.95

Cómo hablar para que los adolescentes escuchen (How to Talk So Your Teens Will Listen and Listen So Your Teens Will Talk)
by Adele Faber and Elaine Mazlish
From curfews and cliques to sex and drugs, this book gives parents tools to help their children safely navigate the often stormy years of adolescence. 216 pp.
8848 ................................................ $12.99

See our website for more Spanish resources.

Chicos Brillantes, Malas Calificaciones (Bright Kids, Bad Grades)
from CWK Network
Teens with learning disabilities describe their challenges, identify their strengths, and inspire hope. A video for students and parents. Dubbed in Spanish. 22 min.
5281SP ....................... $79.95

Test-Taking Strategies
These videos in English and Spanish help high school students become confident, effective test-takers. See website for details. 23 min. ea.

6808D (Set of 7 DVDs) ....... $279.65

Order Now!  |  800.825.0060  |  www.ActiveParenting.com/Spanish
The Spanish edition of the Active Parenting of Teens program features video dubbed in Mexico and a Parent’s Guide in Spanish. This video-based program is easy to lead and includes the essential Active Parenting model, plus discussions about technology, the latest in teen drug use prevention (including prescription drugs), teen bullying, and special attention to stepfamilies. It has a flexible structure allowing for shorter classes and a new focus on risk-prevention strategies.

### VIDEO & DISCUSSION PROGRAM

The flexible format makes it possible for you to offer:

- **A**. A comprehensive 6-session course
- **B**. A 2-part class, each comprised of 3 sessions. Do the first class and then the second as a follow-up.
- **C**. A 4-session class for basics + in-depth skills practice
- **D**. A 3-session class for basic Active Parenting skills (with a teenage twist)
- **E**. A 2-session unit focusing on alcohol, tobacco, and other drugs (ATOD) prevention

### In six 2-hour sessions, parents will learn:

#### Session I: The Active Parent
- Styles of parenting
- Control vs. influence
- Mutual respect
- Method of choice

#### Session II: Winning Cooperation
- Who owns the problem?
- Active communication
- The key of encouragement

#### Session III: Responsibility and Discipline
- Logical consequences and more
- Problem-solving with FLAC

#### Session IV: Building Courage, Redirecting Misbehavior
- The Think-Feel-Do Cycle
- Courage and self-esteem
- Five goals of teen behavior
- Eliminating power struggles

#### Session V: Drugs, Sexuality, and Violence
- Reducing the risks
- Overview of the issues
- Prevention strategies 1-4 (focus on sexuality)

#### Session VI: Drugs, Sexuality, and Violence - continued
- Prevention strategies 5-10 (focus on alcohol, tobacco, and other drugs)

See our website for more materials. [www.ActiveParenting.com/PADAT](http://www.ActiveParenting.com/PADAT)
Words Wound: Delete Cyberbullying and Make Kindness Go Viral
by Justin W. Patchin and Sameer Hinduja
Offers practical ideas for staying safe, being respectful, spreading kindness, and standing up for others—online and off. For ages 13+.189 pp.
9421 .................................. $15.99

Toss & Learn Life Skills Games
from Franklin Learning Systems
Help kids learn important life skills with these lively games. Each set comes with big dice and facilitator guidelines. After rolling, players apply the situation on the blue die to the question or action on the yellow die. For ages 8-12.
7172 Impulse Control ............... $19.99
7173 Conflict Resolution ........... $19.99
7174 Problem-Solving .............. $19.99
7175 Stand against Bullying ........ $19.99
7176 Controlling Your Anger ....... $19.99

The Judgmental Flower
by Julia Cook; illus. by Anita DuFalla
A story to help children appreciate differences and embrace diversity in life and in friendships. For ages 6-12.32 pp.
9423 .................................. $10.95

Drugs & Alcohol and Your Choice
from Cerebellum
Explains that all drugs, legal and illegal, change the body and should be taken seriously. For grades 9-12. Comes with Teacher’s Guide. 15 min.
6941 ................................. $79.95

Self-Calming Cards
by Elizabeth Crary & Mits Katayama
Use these 36 engaging cards to teach self-calming strategies to children ages 2-10. In English and Spanish.
7110 .................................. $12.95

Character Bingo Games
Harness the power of bingo to teach important skills.
Bully Prevention Bingo helps kids identify the behaviors that constitute bullying and helps them develop the attitudes and skills to prevent it. Conflict Resolution Bingo shares many ways to resolve problems both in and out of school. See our website for sample bingo cards. For up to 16 players, ages 10-14.
7150 Bully Prevention .......... $39.95
7151 Conflict Resolution ......... $39.95

The Power of Girls: Inside and Out
from Blake Works
In this video for ages 10+, teenage girls tell how they learned to handle bullying, eating disorders, early sexual activity, and deep loss. With discussion guide to use with groups of teens, parents, and caregivers. 20 min.
6893 .................................. $99.99

For more character ed, see our website.
Character Education

Produced by a former TV reporter, these videos are fast-paced and packed with information and indelible images. They are economical, too: use the same one for students and for parents! Each comes with downloadable Lesson Plans for middle and high school students, plus discussion questions and a reproducible tips sheet for the parents.

Sticks and Stones: Verbal Harassment
True stories from teens who were bullied with name-calling, gossip, and exclusion. Kids say this kind of torment hurts worse and leaves deeper emotional scars than physical bullying. 22 min.
5288 ................................. $79.95

Just Once: Meth Abuse
Learn the devastating health risks and behavioral dangers of methamphetamines, and see what people are doing to fight back. 22 min.
5284 ................................. $79.95

A Violent Age
Examines youth violence (robbery, sexual assault, bullying) and offers insight into the feelings of both victims and instigators, as well as how to prevent it. 22 min.
5287 ................................. $79.95

Good Kids, Bad Choices
Drinking, drugs, sex and more. Describes why some teens take dangerous risks, the underlying causes of bad choices, and what families can do. 22 min.
5282 ................................. $79.95

Shattered: Drunk Driving
This powerful video about the tragedy of drinking and driving features interviews with eyewitnesses; the victim’s family; the driver’s family; and the teenage driver—now in prison. 22 min.
5283 ................................. $79.95

A Violent Age
Examines youth violence (robbery, sexual assault, bullying) and offers insight into the feelings of both victims and instigators, as well as how to prevent it. 22 min.
5287 ................................. $79.95

Character Education for Elementary School
Each video contains 3 distinct segments featuring real kids whose real stories address a different topic of character education. The 35-page Lesson Plan on CD contains discussion points, activities, a glossary and more. Approx. 20 min. ea.

Perseverance/Responsibility/Tolerance
5201D................................. $69.95
Helpfulness/Kindness/Loyalty
5202D................................. $69.95
Courage/Diligence/Caring
5203D................................. $69.95

Self-Control/Fairness/Togetherness
5204D................................. $69.95
Honesty/Freedom/Courtesy
5205D................................. $69.95
Generosity/Trustworthiness/Cooperation
5206D................................. $69.95

Silent Witness
Bullying witnesses say they are afraid of becoming victims if they step in. This video shows the power bystanders have to stop bullying, the difference between tattling and reporting, and how “telling” not only protects victims, but could protect a bystander, too. 22 min.
5286 ................................. $79.95

Bright Kids, Bad Grades
Children with learning disabilities are bright and eager to learn, but get frustrated, teased, and sometimes labeled as “stupid” or “lazy.” This video shows innovative programs that help kids succeed. 22 min.
5281 ................................. $79.95

SAVE $80 on the set!
5289 (set of 8) ............................ $559.00

www.ActiveParenting.com/CWK  |  800.825.0060  |  Order Now!
<table>
<thead>
<tr>
<th>Title</th>
<th>Author(s)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>No More Mean Girls</td>
<td>Katie Hurley, LCSW</td>
<td>Provides steps to help parents empower young girls to be kind, confident leaders who work together and build one another up. 303 pp.</td>
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<tr>
<td>Chippy Chipmunk is sad when a friend dies, but after learning that “Those we love live forever in our hearts,” he begins to feel better. Hardcover. For ages 4 and up. 48 pp.</td>
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<tr>
<td>Liking Myself</td>
<td>Pat Palmer; illus. by Sue Ramá</td>
<td>An encouraging book to build self-esteem and emotional literacy. Through cheerful drawings and activities, readers learn how to cope with their feelings without hurting others. For ages 5-11. 78 pp.</td>
</tr>
<tr>
<td>How Rude!</td>
<td>Alex J. Packer, Ph.D.</td>
<td>A hilarious guide for teens about good manners, proper behavior, and not grossing people out. Explains that people who know how to handle themselves in social situations are better able to enjoy life to the fullest. 480 pp.</td>
</tr>
<tr>
<td>Gay, Straight and Accepted</td>
<td>Sue Ramá and Pat Palmer; illus. by Maria Oglesby</td>
<td>Through the perspective of straight teenagers, we meet students coming to terms with how they feel and dealing with the anxiety of “coming out.” Grades 9-12. Comes with Teacher’s Guide. 15 min.</td>
</tr>
<tr>
<td>Rumors, Gossip and Teasing: It Hurts</td>
<td>Naomi Drew, MA</td>
<td>Defines harassment and explores how to deal with it. Grades 3-6. Comes with Teacher’s Guide. 15 min.</td>
</tr>
<tr>
<td>No Kidding about Bullying</td>
<td>Naomi Drew, MA</td>
<td>Activities to help kids in grades 3-6 build empathy, manage anger, work out conflicts, and stop bullying by peers. Featuring 125 mini-lessons that may be completed in 20 minutes or less, the book + CD-ROM is a flexible resource. 288 pp.</td>
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**ANGER/BULLYING**

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<tr>
<th>Title</th>
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<tbody>
<tr>
<td>What Angry Kids Need</td>
<td>Jennifer Anne Brown and Pam Provansha Hopkins</td>
<td>Explains why kids get angry, what anger management skills they (and the entire family) can be taught, and how adults can cope. 140 pp.</td>
</tr>
<tr>
<td>Cool Down/Talk It Out</td>
<td>Cheri J. Meiners, M.Ed.</td>
<td>In these sweet books for ages 4-8, children learn concrete social skills for anger management and conflict resolution. 40 pp. ea.</td>
</tr>
<tr>
<td>Stand Up! The Courage to Care</td>
<td>Elyse April &amp; Regina Sara Ryan; illus. by Maria Oglesby</td>
<td>In this sweet book, baby animals take a stand that demonstrates courage in the face of a challenge. For ages 0-5. 32 pp.</td>
</tr>
<tr>
<td>Becoming Someone’s Hero</td>
<td>Sandy Ragona; illus. Brian Caleb Dumm</td>
<td>A colorful workbook teaching children how to respond and become effective bystanders during bullying situations. For grades 1-5. 40 pp.</td>
</tr>
<tr>
<td>More bullying and anger, see our website.</td>
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**Character Education**

Order Now! | 800.825.0060 | [www.ActiveParenting.com](http://www.ActiveParenting.com)
### Milestones videos from True to Life Productions
These friendly videos cover the milestones a child will hit between 12 and 36 months, the abilities they will be acquiring as they move toward independence, and when to call your medical provider. 19-20 min. ea.
- 6991 12-15 months ....... $89.95
- 6992 15-18 months ....... $89.95
- 6993 18-24 months ....... $89.95
- 6994 24-36 months ....... $89.95
- 6990 (Set of 4 DVDs) ....... $320.00

### Let’s Play and Learn Together by Roni Cohen Leiderman and Wendy S. Masi
Playing with a baby builds a strong relationship and promotes development. This book offers 100+ games, activities, tips, ideas, and songs to open a world of fun and learning for parent and child. 176 pp.
9265 ............... $18.99

### Best Behavior board books
These colorful books for children ages 1-4 contain helpful titles like Hands Are Not for Hitting and Teeth Are Not for Biting. Hardcover. 24 pp. ea.
- 9370 (Set of 10 books) ............... $71.00

### 50 Fantastic Things to Do with ... by Sally and Phill Featherstone
These full-color booklets offer purposeful play experiences using objects found at home. The activities help little ones develop key skills at their own pace. 88 pp. ea.
- 9284 Babies ............... $16.95
- 9285 Toddlers ............... $16.95
- 9286 Preschoolers ............... $16.95

### Parenting BASICS videos from InJoy
These videos provide essential, stage-appropriate baby care information to new parents. Covers the following topics: Nutrition; Health & Safety; Emotional Health & Positive Discipline; Play & Milestones; Self-Care for Moms; and Fatherhood. For details and sample videos, see our website.
- 6977 (Set of 12 DVDs) ............... $750.00
- 6418D ............... $95.00

### Shaking, Hitting, Spanking: What To Do Instead
Easy-to-use techniques every parent will appreciate. Shows four common scenes that often lead to shaking, hitting, or spanking a child followed by practical, nonviolent suggestions. Closed captioned. 30 min.
- 6180D ............... $95.00

### Creating a Clean and Healthy Home from KidSafety of America
This video shows young parents ways to create and maintain a healthy home. Developed based on HUD guidelines for healthy homes. 28 min.
- 6707D ............... $79.95

### 7 Steps to Reduce the Risk of SIDS from InJoy
A valuable video reflecting the latest AAP safety guidelines to help new parents reduce the risk of Sudden Infant Death Syndrome. Closed captioned in English. 15 min.
- 6956 (English) ............... $124.95
- 6956SP (Spanish) ............... $124.95

### The Biting Solution by Lisa Poelle, M.A.
The expert’s no-biting guide for parents, caregivers, and early childhood educators. Includes a puppet show script and song to help little ones learn to communicate without biting. 128 pp.
- 9299 ............... $13.95

### The Brain from Learning Zone Xpress
This set of DVDs brings a practical, easy-to-understand approach to how best to develop a young child’s brain, from age 0-5. Closed captioned. 20-21 min. ea.
- 6923 (Set of 3 DVDs) ............... $219.95

### Balanced and Barefoot: How Outdoor Play Makes for Strong, Confident Children
by Angela J. Hancsom
Offers fun ways to use outdoor play and unstructured freedom of movement to help kids grow into healthy and resilient adults. 244 pp.
9398 ............... $16.95

### Skills for Families, Skills for Life by Simpson, Kohrt, Shadoin, et al.
Helps in-home family practitioners incorporate life skills into the treatment of high-risk families. Includes skills such as housing, child supervision, money management, etc. 162 pp.
- 9217 ............... $19.95

### Two Homes by Claire Masurel; illus. by Kady MacDonald Denton
This colorful book helps children and parents embrace the changes of divorce with an open and optimistic heart. For ages 3-6. 40 pp.
- 9100 ............... $6.99

### Baby Care Anywhere by Ben Spitalnick, MD, and Keith Seibert, MD
Written by pediatricians, this quick guide answers many typical parenting questions about health and safety. 246 pp.
- 9392 ............... $12.95

### Childhood Nutrition: Preventing Obesity from InJoy
A 2-volume set for ages 0-5. Shows effective ways to develop healthy eating and exercise habits in young children. 22 min. ea.
- 6944 (Set of 2 DVDs) ............... $179.90

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For more resources, visit [WWW.ACTIVEPARENTING.COM](http://WWW.ACTIVEPARENTING.COM) • See our website for more details
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<th>Title</th>
<th>Author(s)</th>
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<th>Price</th>
<th>ISBN</th>
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<tbody>
<tr>
<td><strong>A Map through the Maze</strong></td>
<td>Ned Rollo and Louis W. Adams</td>
<td>A survival guide for inmates and their families, with advice for coping with the criminal justice system and preparing for re-entry. Quantity discounts available. 144 pp.</td>
<td>$11.95</td>
<td>9401</td>
</tr>
<tr>
<td><strong>My Daddy Is in Jail</strong></td>
<td>Janet M. Bender</td>
<td>A read-aloud story to help children cope with the incarceration of a loved one. With discussion guide, caregiver suggestions and optional small group counseling activities. For ages 5-10. 53 pp.</td>
<td>$14.95</td>
<td>8738</td>
</tr>
<tr>
<td><strong>Parenting from Prison: A Hands-On Guide for Incarcerated Parents</strong></td>
<td>James M. Birney</td>
<td>Helps parents to maintain a positive and honest relationship with their children while separated. 120 pp.</td>
<td>$19.95</td>
<td>9351</td>
</tr>
<tr>
<td><strong>Teach Inside</strong></td>
<td>Jan Walker</td>
<td>Longtime prison educator Jan Walker provides this activity book for prisoners, educators, and counselors. With these activities, students will explore parenting and child custody issues, their own family history and patterns, dealing with visitation, and preparing for re-entry. The book helps students learn to use critical thinking and write personal stories. 98 pp.</td>
<td>$19.95</td>
<td>9413</td>
</tr>
<tr>
<td><strong>Families Change: A Book for Children Experiencing Termination of Parental Rights</strong></td>
<td>Julie Nelson; illus. by Mary Gallagher</td>
<td>Offers hope and support for children facing change. With tips for birth parents, foster parents, social workers, counselors, and teachers. For ages 4-10. 32 pp.</td>
<td>$9.95</td>
<td>8869</td>
</tr>
<tr>
<td><strong>The Ex-Offender’s New Job Finding and Survival Guide</strong></td>
<td>Ronald L. Krannich, Ph.D.</td>
<td>This book offers re-entry employment advice for those with red flags in their backgrounds and those who may appear unemployable. Provides 10 steps for successfully reentering the work world. 224 pp. Quantity discounts available.</td>
<td>$16.95</td>
<td>9402</td>
</tr>
<tr>
<td><strong>A Sentence of Their Own</strong></td>
<td>Edgar A. Barenbs</td>
<td>This powerful video chronicles one family’s annual pilgrimage to a state prison and reveals the damaging impact incarceration has on families. Makes visible what is rarely seen: the slow and gradual descent of a family “doing time” on the outside. 64 min.</td>
<td>$125.00</td>
<td>6554D</td>
</tr>
<tr>
<td><strong>Empowering Children of Incarcerated Parents</strong></td>
<td>Stacey Burgess, Tonia Caselman, and Jennifer Carsey</td>
<td>A book for counselors, social workers, psychologists, and teachers who work with children ages 7-12 with a parent in jail or prison. Can be used one-on-one or in small groups. 104 pp.</td>
<td>$19.95</td>
<td>9192</td>
</tr>
<tr>
<td><strong>Families Talk About...Grandparents as Parents</strong></td>
<td>from Rose Wittbold</td>
<td>In this revealing video, grandparents talk about the challenges of becoming the primary caretakers of their grandchildren. They discuss issues such as establishing a support network, adapting their parenting style for a new generation, breaking the cycle, and planning for the future. With discussion guide. 29 min.</td>
<td>$79.95</td>
<td>6402D (English)</td>
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<td>1259D (Spanish)</td>
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<tr>
<td><strong>Let’s Talk About When Your Parent Is in Jail</strong></td>
<td>Maureen K. Wittbold</td>
<td>An illustrated book for children ages 6-11 that gently describes life in jail, why people go there, the changes that happen to families after a jail sentence, keeping in touch, and coping with feelings. Hardcover. 24 pp.</td>
<td>$15.95</td>
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<td><strong>Grandparents as Parents: A Survival Guide for Raising a Second Family</strong></td>
<td>Sylvie de Toledo and Deborah Edler Brown</td>
<td>When grandparents suddenly become the sole caregivers for their grandchildren, they find their lives changed, their finances challenged, and their parenting techniques out of date. This book offers compassion, encouragement, and advice to grandparents and the professionals who work with them. 322 pp.</td>
<td>$17.95</td>
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Yelling, Threatening and Putting Down: What to Do Instead
Demonstrates commonsense techniques for dealing with four challenging parent-child interactions: active children, angry children, whining children, and sibling fights. Closed captioned. 35 min.

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Uncover the Roots of Challenging Behavior
by Michelle Salcedo, M.Ed.
When confronted with disruptive behavior, early childhood educators must look beyond the problem to see if the cause is right there in the classroom. Analyzes classroom space, routines, and responses to reduce behavior problems and nurture the growth of young learners. 177 pp.

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Building Resilience in Children and Teens
by Dr. Kenneth R. Ginsburg
Give a child “roots and wings” by developing the 7 Crucial C’s: competence, confidence, connection, character, contribution, coping, and control. Comes with access to helpful online videos. 357 pp.

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10 Powerful Things to Say to Your Kids (2nd Ed.)
by Paul Axtell
A guide to creating the relationship you want with the most important people in your life. Provides simple ideas for meaningful conversations to strengthen trust between parents and kids. 256 pp.

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Families Talk About... Single Parenting from Rose Films
With sole custody of children ages toddler to teen, parents discuss goal-setting, the importance of daily routines and chores, discipline, asking for help, and making education a priority. Features one single dad and three single moms. With discussion guide. 23 min.

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Ally Parenting
by Cynthia Klein
Do your kids ignore you? Argue? Shut you out? Try these tools to guide your family from conflict toward a harmonious, respectful, and cooperative home. 283 pp.

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Pass-Along Papers: 52 Parent Handouts
by Kuczynski & Kuczynski
Each flyer describes a typical childhood challenge—aggressive behavior, bed-wetting, stuttering, and television, to name a few—explains some factors influencing the problem, offers a list of suggestions, and then encourages the reader to come up with a Family Action Plan. 110 pp.

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They’ll Never Be the Same: A Parent’s Guide to PTSD in Youth
by Michael S. Scheeringa, MD
An award-winning research psychiatrist exposes myths about childhood trauma and PTSD; providing common sense, evidence-based solutions. 250 pp.

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Co-parenting 101
by Deesha Philyaw and Michael D. Thomas
A practical guide to helping kids thrive in two households, written by a formerly married couple along with professional advice from co-parenting experts. 210 pp.

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See our website for more grief/loss.
SPECIAL NEEDS

ADHD: What Do We Know? and ADHD: What Can We Do?
Russell A. Barkley
These videos offer an introduction to ADHD and a variety of techniques for managing it. Use for teacher in-service training, support groups, or group therapy. Each includes a Leader's Guide and program manual. 36 min. each 6597D (Set of 2 DVDs) ........... $199.00

Hey, That Kid Got Issues!
Maybe It’s ADHD
by Earnest L. Williams, Jr.; illus. by Steve Howard
Educates kids, parents, teachers, coaches, and others about ADHD. Armed with facts, they can make changes necessary for a child to succeed. For ages 8+. 42pp.
9310 .................. $12.95

Uniquely Wired! A Story about Autism and Its Gifts
by Julia Cook; illus. by Anita DuFalla
Despite some unusual behaviors, Zak's desires and disappointments are as ordinary as any child's. This book helps kids ages 6-12 understand how children living with autism see the world. 32 pp.
9422 ........................ $10.95

Bright Kids, Bad Grades
from CWK Network
Most students with learning disabilities are bright and eager to learn, but find school to be a struggle. Learn about the latest learning research and help your child thrive. With Facilitator's Guide. 22 min.
5281 (English) ................ $79.95
5281SP (Spanish) ............... $79.95

Autism Spectrum Disorders: What Every Parent Needs to Know
by Alan Rosenblatt & Paul Carbone, eds.
9332 .................... $14.95

What Your ADHD Child Wishes You Knew
by Dr. Sharon Saline
Shares the words and inner struggles of children and teens living with ADHD—and offers a blueprint for achieving lasting success by working together. 272 pp.
9432 ........................ $17.00

1000 Best Tips for ADHD
by Susan Ashley, Ph.D.
Quick tips to help tired parents with specific challenges, including homework, chores, and behavior. 268 pp.
8759 .................... $18.95

Parenting Children with ADHD
by Vincent J. Monastra, Ph.D.
Using non-confrontational ways to teach your child essential life skills like organization, problem-solving, and emotional control. 261 pp.
9296 .................. $12.99

The Survival Guide for Kids with ADHD
by Vincent J. Monastra, Ph.D.
Written for kids to read themselves—so they can help themselves. Provides strategies for coping and managing ADHD. For ages 8-12. 117 pp.
9333 .................. $13.99

The Survival Guide for Kids with Autism
by Judy Winter
9409 .................. $14.99

The Survival Guide for Kids with Physical Disabilities & Challenges
by Wendy L. Moss and Susan A. Taddonio
Loaded with tools for coping with the intense social, emotional, and academic difficulties these students often must deal with, this book helps kids succeed. For ages 9-14. 151 pp.
9409 .................. $14.99

Raising Kids with Sensory Processing Disorders
by Rondalyn V. Whitney and Varleisha D. Gibbs
A week-by-week activity guide to solve everyday sensory issues. 169 pp.
9410 .................. $16.95

Beyond Words
from CWK Network
This video explores issues of communication in early childhood. Special focus on Asperger's Syndrome, selective mutism, and delayed speech. Comes with a sample Parent Booklet. 24 min.
5231D (Video) ................ $59.95
5271 (Booklet) ................ $2.95

The Survival Guide for Kids with Autism Spectrum Disorders (and their parents)
by Elizabeth Verdic & Elizabeth Reeve, M.D.
Meant to be read with a parent, this book provides strategies for communicating, making and keeping friends, and succeeding in school. For ages 8-13. 240 pp.
9335 .................. $16.99
When Boundaries Are Crossed:
Child Abuse Prevention
from Learning Seed
These videos help viewers understand when behavior crosses the line to abuse, and the real reasons that abuse typically occurs in the first place. Viewers also learn the short- and long-term effects of abuse, and how it can be prevented. Learn coping strategies and the support tools available to help identify, stop and prevent abusive behavior. 26-30 min. ea.
6948 Child Neglect .............. $109.00
6949 Physical Child Abuse .... $109.00
6950 Emotional Child Abuse ... $109.00
6951 (Set of 3 DVDs) .......... $299.00

The Available Parent
by Dr. John Duffy
Expert advice for raising successful and resilient teens and ‘tweens. 160 pp.
9321 .................. $15.95

Mindful Kids Activity Card Deck
by Whitney Stewart; illus. by Mina Braun
50 great ways to help children build empathy, manage emotions, and have fun! Contains a deck of large, colorful cards + instruction booklet.
7166 .................. $14.99

Healthy Family Education Cards (pkg/100)
from Learning ZoneXpress
These cards provide helpful information in a friendly, easy-read format. Each card is printed on both sides and measures 4” x 9”. Sold in packs of 100.
7160 Eat for a Healthy Baby .... $12.95
7162 Importance of Family Meals .. $12.95
7163 Healthy Eating in a Hurry .. $12.95
7164 Healthy Snacks for Kids .... $12.95

Family Violence: The Impact on Children
from KidSafety of America
Defines family violence, discusses generational issues, and describes the cycle of abuse. Addresses the effects on babies and children. Explores ways to prevent or treat family violence. Available in English or dubbed in Spanish. 18-21 min. ea.
6926 Overview .................. $89.95
6924 for Parents ................. $89.95
6925 for Educators & Caregivers .. $89.95
6927 (Set of 3 DVDs) .......... $269.00

Family Fun Night!
by Cynthia L. Copeland
Learn how to establish a Family Fun Night tradition, with activities and tips for enticing all ages—even teens. 271 pp.
9128 .................. $14.95

The Dad Difference: Raising Children Birth to 5
from InJoy
Motivate dads to be an integral part of their children’s lives. Videos feature real dads, candid comments and practical tips. Volume 1 - “Baby Basics”; Volume 2 - “Involved from the Start.” Comes with Facilitator’s Guide and handouts. Closed captioned. Also available in Spanish. 72 min. total
6794D .................. $249.85

Fathering: What It Means to Be a Dad
from Learning Zone Xpress
Young fathers and an expert explain the impact and importance of a father in a child’s life. Topics covered include staying involved, being consistent, and being a role model. Closed captioned. 20 min.
6909 .................. $79.95

The New Dad’s Playbook
by Benjamin Watson
The author, a football player and father of five, provides relatable guidance to “preseason” (pregnancy), “Super Bowl” (birth), and “postseason” (bringing baby home). Offers advice for supporting the reader’s most important teammate: the baby’s mother. 200 pp.
9429 .................. $14.99

The Latino’s Guide to Parenting:
50 Ways to Be an Effective Father
by S. Moreno, M.Ed., and C.F. Gipson
Realistic ways to make positive life decisions, help kids in school, and face the challenges of our demanding world. 111 pp.
8993 (English) .............. $19.95
8993SP (Spanish) ............ $19.95

For more fatherhood, see our website.
The Parenting Definition:

**parenting** (pærˈen-ting), n.
1. The most difficult and most important job you will ever have.
2. And, potentially, the most rewarding.

### Sturdy Tote Bag

This roomy, zippered tote bag features our Parenting Definition and is large enough to hold your program kit and more. The size is 15" x 4½" x 12".

**7027** .......................... $19.95

### Raising Kids with Care mini-poster

from Search Institute

This mini-poster shows 50 ways parents can help the whole family thrive. A great give-away to inspire parents to try something new—ideas like “Spend regular one-on-one time with each child,” “Eat together as a family,” and even “Be silly.” One side is in English, the other in Spanish. Unfolded size 15" x 5½".

**7120** 1-9 ........ $1.75 ea.  
**7148** (English pkg/5) ...............$7.50  
**7154** (Spanish pkg/5) ...............$7.50

### Active Parenting Key Points Magnet

This 4" x 6" magnet, created for the Active Parenting 4th Edition program, helps parents remember the key points of what they learned. Comes in a package of 5.

**8653** .......................... $12.95  
(Ask about quantity discounts.)

### Active Parenting Twisty Disks

Here's a great gift for parents that will help them remember a key Active Parenting point: “Every day, a little play.” They can use this sturdy nylon flier for a game of frisbee, and then twist it into its own little pouch for safekeeping. Disk is 10¼" diameter.

**7077** 1-9 ...................... $2.50 ea.  
**7077** 10 or more ........ $2.00 ea.

### BOOKMARKS

**“Parenting Tips for the Job of a Lifetime” Bookmark—in English or Spanish**

These big, sturdy bookmarks are an inexpensive, inspirational gift idea. Presents 15 tips on caring for children. Available in English or Spanish. Size: 3" x 8", package of 5.

**English**  
**7067** .......... $6.00  
**7085** .......... $6.00

**Spanish**

**Freedom within Limits decals**

These trendy circle stickers feature the memorable symbol from Active Parenting programs. Parents will put them on bumpers, laptops, doors, fridges, and more. The stickers are made from a durable vinyl. Size is 3" x 3".

**7165** 1-14 .................. $1.50 ea.  
**7165** 15 or more .......... $1.00 ea.

### Affordable gifts for class participants

### Active Parenting Logo Mug

NEW!

Our pretty, modern mug has a rich, red glaze on the inside and the new Active Parenting Publishers logo on the outside. It even comes with a matching spoon! Perfect for stirring hot chocolate in the cold days ahead. Holds 12 ounces.

**7170** ........................ $9.95

### Bookmarks

NEW!

Large, sturdy bookmark in rich blues and reds. Size is 3”x5”. Package of 5.

**7169** (pkg/5) .............. $6.00

### 50 Ways to Say . . .

We've updated these popular gifts with a fresh new design that everyone will love. Use them as give-aways to help parents remember the power of encouraging words.

NEW!

**Active Parenting**

This 4" x 6" magnet, created for the Active Parenting 4th Edition program, helps parents remember the key points of what they learned. Comes in a package of 5.

**7148** (English pkg/5) ...........$7.50  
**7154** (Spanish pkg/5) ...........$7.50

### 50 Ways to Say “I Love You”

NEW!

This colorful mini-poster is printed on heavy glossy paper. It will look lovely on every parent’s refrigerator! Size is 8½" x 11”.

**7171** 1-9 .................. $1.50 ea.  
**7171** 10 or more .......... $1.00 ea.
Finally, an app for parent education!

Our popular Active Parenting 4th Ed. program (page 8) is also available in a digital format similar to an ebook. With the Digital Edition, you will have the entire Active Parenting curriculum in the palm of your hand—on your tablet, phone, or laptop.

With the Digital Edition, you will:

- use the exclusive Interactive Leader’s Guide with embedded video and slides to prepare for class.
- make notes in your Leader’s Guide ebook.
- show the PowerPoint, including video, straight from the app.
- provide ebooks for busy parents to read on the run.
- print certificates for parents at the end of class.
- All of this, plus you’ll have the powerful, proven-effective Active Parenting curriculum beloved by parents and educators alike.

The Digital Format can be used on laptops and mobile devices using iOS or Android. Limited to 3 devices.

Buy or rent. Your choice.
For your convenience, we’ve made it possible to rent the digital curriculum for 3 or 6 months! This is the perfect solution for tight budgets. The system will even save your notes if you decide to rent it again in the future.

Ebooks for an E-generation
The Leader’s Guide and Parent’s Guides are available as ebooks, too. This means you can provide the Parent’s Guide & Workbook to class participants in electronic or paper format, whichever they prefer.

See how the Digital Edition will enhance your parent education programming—free!
This app is super convenient. But don’t take our word for it. Go to our website to sign up for a free trial of the complete digital program kit.


For more details, see our website: www.ActiveParenting.com/DE
Reach parents at home with the Online Video Library

In a world of Twitter, texting, and YouTube, the parents in your community expect to find help online. Be a hero with the Active Parenting Online Video Library (OVL), a unique collection of our award-winning videos available on the Internet. With the OVL, they’ll be able to learn more about the most important job in the world: being a parent!

The Online Video Library is an easy and affordable way to provide high-quality parenting videos for all ages and stages of childhood. Share it with the parents you serve for one affordable subscription. All they need is an Internet connection—and an access code from you. (Note that the OVL is intended for home use only.)

The Online Video Library is the key to a worry-free, easy-to-manage parenting library!

- **Trustworthy:** evidence-based programs from Active Parenting, the leader in video-based parent education for 35 years.
- **Affordable:** a low annual subscription price gives parents access to any of 50 videos—over 22 hours of video in all.
- **No hassle:** we handle all technical details on our end.
- **Easy:** we provide time-saving tools to help you get the word out.

**Featuring videos you can trust**

With the Active Parenting Online Video Library, you will provide nine different series covering all stages of parenting. That’s over 20 hours of video—top-quality, informative parenting education, all delivered directly to parents.

**Active Parenting videos are:**

- high quality
- entertaining
- trustworthy
- comprehensive
- evidence-based
- diverse

**Get started today!**

Use of the Online Video Libraries requires a signed agreement. Call or check our website today for details and to take a free tour of the Online Video Library!

**Pricing Information**

The Online Video Library is available as an annual subscription. Save 50% when you order or own the corresponding Program Kit, Video Library, or Lunch & Learn.

**OVL - Complete Set**

Set of 44 videos ............. $699/yr

*Christian Active Parenting can be substituted for Active Parenting 4th Ed. upon request.

**OVL - Individual Series**

First Five Years .............. $199/yr
Active Parenting 4th Ed. .... $239/yr
Active Parenting of Teens ................. $239/yr
Active Parenting for Stepfamilies .......... $239/yr
Teens in Action ............... $239/yr
Christian Active Parenting ............. $239/yr

**OVL - Individual Series in Spanish**

Paternidad Activa: Los Primeros Cinco Años ............. $199/yr
Paternidad Activa 4a edición. .............. $239/yr
Paternidad Activa de Adolescentes .......... $239/yr

For more details, see our website: www.ActiveParenting.com/OVL

See our website for sample video and more: www.ActiveParenting.com/OVL

FREE Take the tour and see for yourself!
Offer parenting classes from the comfort of home

Now parents can take an Active Parenting class any time, day or night, when and where they want. The Active Parenting Online Group “meets” over the Internet. Each class combines entertaining video with online group discussion and activities. Because it’s an online parenting class, parents can complete the lessons wherever and whenever they would like, and review past lessons as many times as they need within the enrollment period. A moderated online forum also allows them to connect with other parents to hold discussions, and a certificate is provided upon completion of the class.

Who should take a class online?
An Active Parenting Online Group is a great way to supplement your regular parenting classes. Offer an Online Group to non-attending parenting partners, grandparents, spouses who have to travel for work, and more. When all of a child’s caregivers are learning together, they will be better able to work together.

Therapists, family counselors, and social workers can save valuable session time by assigning the Active Parenting Online Group as “homework” and then discussing it together in person. And, finally, an Active Parenting Online Group is perfect as a refresher course—or for the next stage of parenting. Call us to learn how to buy these classes in bulk in order to offer them to parents! For more details, go to www.ActiveParenting.com/APOG.

Five classes to choose from:

Active Parenting: First Five Years

Active Parenting: First Five Years is a four-session online course for parents of children ages birth to 5.

Active Parenting 4th Edition

Active Parenting 4th Ed. is a six-session online course for parents of children ages 5-12.

Active Parenting of Teens

Active Parenting of Teens is a six-session online course for parents of children ages 12-18.

Crossroads of Parenting & Divorce

Crossroads is a one-session course for divorcing or separating co-parents.

Christian Active Parenting

Christian Active Parenting is a six-session online course for parents of children ages 5-12.
Leading Active Parenting groups touches many lives. You’re not just helping parents—you’re helping children and your community by strengthening families. Leader Training will help you to sharpen your skills, deepen your knowledge, and become a more effective facilitator.

Invest a little time… Change hundreds of lives
With one Active Parenting facilitator training, you’ll learn to lead effective parenting groups using our evidence-based programs. We’ve trained over 50,000 people in the past 35 years—leaders just like you.

Each workshop is led by an experienced, certified Active Parenting Trainer who will show you how to use our programs to make your parenting classes informative, entertaining, and effective.

Register 3, Get 4th Free
Train everyone in your organization at once to increase your effectiveness and save money at the same time. Register 3 people for one workshop, and send a fourth person for free!

Earn Continuing Education credit
Active Parenting Publishers has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5192. Programs that do not qualify for NBCC credit are clearly identified. Active Parenting Publishers is solely responsible for all aspects of the program.

These workshops will show you how to:
• Implement the program in a variety of settings
• Stimulate positive changes in yourself and in course participants
• Enhance your communication skills for top-notch effectiveness
• Provide encouragement to parents
• Improve group discussions
• Get more parents to sign up for your classes

Who should attend:
• Therapists and counselors
• Family life and marriage educators
• Head Start and other early childhood educators
• Prevention specialists
• School counselors
• Religious leaders
• Human resources professionals
• Hospital/health care professionals
• Anyone interested in helping parents and families

Here’s what you get:
• 15% off program kit
• Instruction and support from a certified Active Parenting Trainer
• Certification packet
• Clock hours from NBCC
• Certificate of attendance
• Training materials

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Step up to the next level. . . . page 44

Your Training Coordinator
Training Coordinator Micole Mason is ready to help with your training questions. Call 800-825-0060, x120.

Satisfaction guaranteed!
If you are not satisfied with your training for any reason, let us know within 3 business days of your training date and return your materials. We’ll refund your registration fee. See our website for further details.

Please note: Active Parenting Publishers reserves the right to cancel workshops due to inclement weather or unforeseen circumstances. Active Parenting Publishers cannot be held responsible for non-refundable travel reservations.
Become a certified Active Parenting Leader or Trainer!

In order to receive certification, you must comply with the following steps:

**LEADERS**
1. Complete a Leader Training Workshop (live, online, or private);
2. Set up a parent group;
3. Meet for the total number of sessions indicated by the program; and
4. Ensure you have utilized the video program at each session.

**TRAINERS**
1. Complete all requirements to become a certified leader (this can be achieved after attending a Training of Trainers)
2. Complete a Training of Trainers.

Note: Each participant of your parent group must have access to a Parent’s Guide during the session. It is illegal and unethical to photocopy any parts of the guides and videos. The materials are copyright protected.

At the end of the final session of the parent group, each participant should complete an Evaluation Form. Return these along with the Summary Sheet and Self-evaluation Form to Active Parenting.

Need something special? We make house calls!

Do you have special training needs? Active Parenting can help! We’ll design and implement a webinar or live workshop specifically for your organization—when and where you want. If you have at least 10 people who need to be trained, we will customize a Special Leader Training Workshop or Training of Trainers for you. Contact our Training Coordinator at 800-825-0060 ext. 120 for more information.

Two ways to train - choose what works for you!

**FACE-TO-FACE WORKSHOPS**

**LEADER TRAINING WORKSHOP:** Customized facilitator training brought directly to your organization. Page 43

**TRAINING OF TRAINERS:** Learn to train leaders this summer in Atlanta. Page 44

**WEBINARS & SELF-STUDY**

**WEBINAR LEADER TRAINING WORKSHOP:** Live webinars covering many different Active Parenting programs. Page 43

**ONLINE LEADER TRAINING WORKSHOP:** Self-study courses conducted over the Internet. Page 42

www.ActiveParenting.com/training | 800.825.0060 | Order Now!

Get certified!
Online Learning

With the Active Parenting Online Leader Training Workshops (OLTW), you will sharpen your skills and expand your knowledge base. The OLTWs are 100% self-study and are conducted via the Internet.

What will I learn?
The OLTW is offered in two parts: Part #1 provides an introduction to parenting education. This segment, called “How to Lead a Great Parenting Group,” explains 12 key skills for leading a successful group, picking a good curriculum, and being an effective problem-solver. It takes three hours to complete (3 clock hours).

Part #2 is your Leader Training Workshop in a specific Active Parenting program. This course explores the curriculum in detail. Using the Leader’s Guide, you will learn how to present the concepts, guide parent discussions, and run the activities for that specific course. It takes about 30 hours to complete this segment, including reading assignments.

Part #2 is available for two of our most popular programs: Active Parenting: First Five Years or Active Parenting 4th Ed (for ages 5 to 12).

When does my class start?
After registering for the OLTW, you will receive login information via email within two business days. Books will arrive within two weeks.

What do I get?
With Part #1, you will get:
• 24/7 access to your class for 60 days
• 3 clock hours from NBCC
• Discussion forum led by the Active Parenting Training team

With Part #2, you will also get:
• (AP4 only) Leader’s Guide interactive ebook with video for the duration of the class
• Leader’s Guide book or ebook to keep
• Parent’s Guide book or ebook to keep
• an additional 30 clock hours from NBCC
• 15% off the cost of the corresponding program kit—up to $74 savings

What do I need for this class?
You will need:
• A computer, tablet, etc., with sound
• Internet connection
• Time to complete the class within 60 days
• A desire to learn valuable new skills
• That’s it!

For more information...
Go to our website for complete details:
www.ActiveParenting.com/OLTW

Pricing Information

How to Lead a Great Parenting Group (only)
An online self-study course
(3 clock hours)
3801A................. $49.95

Active Parenting 4th Ed.
Leader Training
An online self-study course (33 clock hours). Includes “How to Lead a Great Parenting Group.”
3801OLTW............. $189.00

Active Parenting: First Five Years Leader Training
An online self-study course (clock hours TBA). Includes “How to Lead a Great Parenting Group.”
3802OLTW............. $189.00

Special offer: register 3, get 1 free!

OLTW Guarantee/Cancellation Policy:
If you are not satisfied for any reason, let us know within 3 business days of your initial log-in date and before printing your Certificate of Completion for a full refund of your registration fee.

Order Now! 800.825.0060 www.ActiveParenting.com/OLTW
Active Parenting’s Leader Training Workshops are available online, turning your home or office into a classroom! Each webinar LTW is led by an experienced Active Parenting Trainer, and includes video and discussion. You’ll be able to ask questions and hold live chats for an interactive experience.

Learn to be a better leader... from the comfort of your own computer

Active Parenting’s Leader Training Workshops are available online, turning your home or office into a classroom! Each webinar LTW is led by an experienced Active Parenting Trainer, and includes video and discussion. You’ll be able to ask questions and hold live chats for an interactive experience.

Here’s what you get:
• 15% off the program kit
• Parent’s Guide and Training Guide
• Up to 7 hours of live instruction online
• Up to 7 clock hours from NBCC
• Certification packet
• Certificate of attendance

Self-study also available!
See page 42 for information.

Special opportunity
This spring, we also offer a traditional “face-to-face” live training in Georgia on May 10. Contact us to arrange for a custom live workshop at your work site.

How does it work?
To take a Leader Training Webinar, you need a computer with a speaker and a good Internet connection. Register for your webinar in advance and we’ll ship the materials along with login info. Most webinars begin at 9am Central Time and last 7 hours. There will be breaks throughout the day.

Most webinars begin at 9am Central and last 7 hours. Must register a week in advance in order to receive materials. Dates are added often! See our website or give us a call.

Pricing Information
Webinar or workshop. . . . . . . $179
Must register 1 week before webinar date.

Special Offer: register 3, get 4th free!
FREE Parent Guide and Leader’s Guide with each workshop!
Plus certification packet, clock hours, and more. A $50 value!

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Webinar Guarantee: If you are not satisfied for any reason, let us know within 3 business days of your training date and we’ll refund your registration fee. Books, materials, and certificate must be returned in clean condition.

Webinar Cancellation Policy: If you cancel at least 3 business days prior to the LTW, all but $25 will be refunded. Otherwise, a credit will be issued for future Active Parenting training or materials (less a $25 cancellation fee). Books must be returned in clean condition. Dates and times are subject to change.
Elevate your status to Trainer
Increase your effectiveness: become a certified Trainer in the Active Parenting programs. Your first step is learning how to train parenting education leaders at the annual Training of Trainers.

How does it work?
The three-day workshop is led by Active Parenting author Dr. Michael Popkin along with other experienced Active Parenting Trainers. You will gain a deeper knowledge of the programs, learn how best to train parent educators, improve your own presentation skills, and exchange ideas with other professionals in your field.

Here’s what you get:
• 15% off the program kit(s)
• Training guide
• 3 days of live instruction
• Up to 20 clock hours from NBCC
• A video of your presentation
• Lunch, snacks, and much more

Where and when?
Atlanta, GA. . . . . . . . July 11-13, 2019

Three trainings in one!
This training covers the core Active Parenting programs:
1. Active Parenting: First Five Years
2. Active Parenting 4th Ed.
3. Active Parenting of Teens

AGENDA

**DAY 1**
- Keynote: Dr. Michael Popkin
- Group Luncheon
- Review of First Five Years program
- Training agendas and their use
- Key concepts for LTWs and parent groups
- Handling challenging situations

**DAY 2**
- The Think-Feel-Do method
- Logical consequences
- Characteristics of an effective trainer
- Use of humor in presentations
- Lunch (on your own)
- Presentation skills training

**DAY 3**
- Presentation skills training
- Lunch (on your own)
- Post-test and review
- Setting goals
- Implementing your program
- Closing Ceremony

TOT Guarantee: If you are not satisfied for any reason, let us know within 3 business days of your training date and we’ll refund your registration fee. Books, materials, and certificate must be returned in clean condition.

TOT Cancellation Policy: If you cancel at least 15 days prior to the TOT, all but $100 will be refunded. Otherwise, a credit will be issued for future Active Parenting training or materials (less a $100 cancellation fee). Dates and locations are subject to change.

We’ll bring a custom Training of Trainers to you!
Arrange for a customized training led by a certified national Trainer—when and where you’d like. Contact our Training Coordinator, Micole Mason, at 800-825-0060 x120 or training@activeparenting.com for details.

For more information . . .
Go to our website for complete details, or call Training Coordinator Micole Mason at 800-825-0060 x120.
4 Easy Ways to Order!

Phone: 800-825-0060
Fax: 770-429-0334
Online: www.ActiveParenting.com

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**Shipping & Handling**: 10% of subtotal; minimum charge $6.95.

For shipments to AK, HI, APO/FPO, and U.S. territories, the shipping and handling fee is 15% of the subtotal ($15 minimum).

For shipments to international addresses, the shipping and handling fee is 25% of subtotal ($40 minimum). Allow 3 weeks delivery time.

Unless otherwise requested, all orders are shipped via UPS ground to street addresses within the continental U.S. Expedited shipping is available at an additional charge—please inquire.

**Promo Code**: provide code from back cover for a free gift!

**Our Guarantee**: Active Parenting Publishers offers a 100% unconditional guarantee. If at the end of the 30-day preview period you’re not completely satisfied, just return the materials for a credit or complete refund. You pay only the return shipping charges. For training guarantees and other details, see www.activeparenting.com/Guarantee.

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The leader in video-based parenting education since 1983

Active Parenting provides five easy-to-use, synergistic formats to help you impact more parents & children.

5 Formats

- **Program kit** for a comprehensive live class
- **Video library** for parent resource centers
- **Lunch & learn** for short, informal classes
- **Online learning**, the perfect way to reach parents in their homes
- **Mobile app** for parenting ed on the go

Make plans for the Training of Trainers
July 11-13 in Atlanta

Active Parenting’s Training of Trainers (TOT) is a mixture of fun and learning. Led by Active Parenting author Dr. Michael Popkin, the TOT is three days of vigorous training that will help you expand your professional skills while learning to train new parent educators for your organization and community. Clock hours and certification are available.

**BRING THE WHOLE TEAM**
*Register three, get another one free!*

The Training of Trainers is scheduled for July 11-13 in Atlanta. Register early to save $100. For details, see page 44 or go to www.ActiveParenting.com/TOT.

For more information visit our website www.ActiveParenting.com
or call 800-825-0060