

Active Parenting™  
PUBLISHERS  
*Every stage. Every step.*

**INSIDE:**  
evidence-based  
programs for helping  
parents find  
their way



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## My new Active Parenting role: grandfather

This spring my wife, Melody, and I became grandparents of an 8½ pound baby boy. We know the stars of this show are our daughter and son-in-law, but it does feel that we too are participating in a circle-of-life story worthy of a lion king.

As a writer of parenting programs, I've thought a good deal about the role of grandparents. I feel awe at the heroes who step up to the role of "grandparent as parent." For the rest of us, what now? After all, we learned a lot in our previous incarnation as parents.



The new Active Parents...and grandparents

And yet I believe the proper role for most grandparents is to look on with joy as the next generation of Active Parents takes over. Our role is not to offer critical commentary, look for a "do over," or undermine our children's own efforts by overindulging our grands.

Having said that, parenting is still a skill, and skills are based on knowledge and practice.

So, offering advice when asked, sparingly, and with lots of encouragement, can be a good

thing, too. (It also won't hurt if you want to give them an Active Parenting guide!) Just make sure you preface it with a statement about how, like other important jobs, parenting benefits from a little education, and all parents can learn a thing or two.

Thank you for your role in educating the parents—and grandparents—of the future generation.

*Michael H. Popkin*

Dr. Michael Popkin (a.k.a. Poppy)  
Founder and President  
Active Parenting Publishers

### ABOUT

#### Active Parenting Publishers

Led by founder and president Michael H. Popkin, Ph.D., Active Parenting Publishers has provided research-based education programs to helping professionals since 1983. Emphasizing nonviolent discipline, mutual respect, and open communication, the Active Parenting approach has benefited millions of families in the past 35 years.

### LANGUAGE OPTIONS



Our leading programs are available in Spanish as well as English.

If you need captioned videos, go to our website and do a search for the keyword "captions."

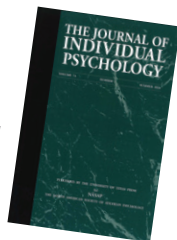


### EVIDENCE

Our parent education curriculums are grounded in research. For more information, call or visit our website.

## The latest news from Active Parenting

See evidence of effectiveness in JIP and CEBC



Great news for those needing evidence of effectiveness: The peer-reviewed *Journal of Individual Psychology* has accepted an article showing the effectiveness of Active Parenting and Active Parenting of Teens. The article will be published in the December 2019 issue, and has already been sent to the California Evidence-Based Clearinghouse for Child Welfare (CEBC) so they can add a “scientific rating” for these programs to their website. Read an Abstract of the study on our website at: [www.activeparenting.com/research](http://www.activeparenting.com/research).



“I have been using Active Parenting materials to teach inmates at a Federal Correctional Institution for more than 10 years.”

- Minnesota Leader

### “Results of the current evaluation are promising.”

Thanks to the participation of many Active Parenting class leaders and parents, researchers at the Oklahoma State University College of Human Sciences have released preliminary results of the field test on the effectiveness of Active Parenting: First Five Years. See the results on our website at: [www.activeparenting.com/research](http://www.activeparenting.com/research).

### Add your pin to our parent education map

Help parents in your community find your Active Parenting classes by posting a free listing on our website. Click on the “For Parents” tab on the home page for details.



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



Follow Us On Social Media

Cover photo by James Wheeler.

## 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. Questions? Call 1-800-825-0060 or see [www.ActiveParenting.com/Guarantee](http://www.ActiveParenting.com/Guarantee).

## HOW TO ORDER

Online: [www.ActiveParenting.com](http://www.ActiveParenting.com)

Email: [cservice@activeparenting.com](mailto:cservice@activeparenting.com)

Phone: 800-825-0060 • Fax: 770-429-0334



## PROGRAMS AT A GLANCE

AGES 0-5

### ACTIVE PARENTING First Five Years™

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 6-9**

#### FORMATS

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library
- Online Parenting Class

*Also available in Spanish*

AGES 5-12



Helps parents raise responsible children who are able to resist negative peer pressure. Demonstrates non-violent discipline and effective communication skills.

**Pages 10-13**

#### FORMATS

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library
- Digital Edition
- Online Parenting Class

*Also available in Spanish and Christian (p. 22)*

AGES 12-16



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.

**Pages 14-17**

#### FORMATS

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library
- Online Parenting Class

*Also available in Spanish*

AGES 11-16



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

**Page 19**

#### FORMATS

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library

CHRISTIAN



Combines the wisdom of the Bible with our evidence-based approach to give parents the strength and skills they need to raise upstanding children.

**Page 22**

#### FORMATS

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library
- Online Parenting Class



Offers important prevention and communication skills that teens and 'tweens will use at school, at home, and in life. Features high-energy games, entertaining video, and get-real discussion.

**Page 18**

**FORMATS**

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library

FOR KIDS: AGES 11-16

## 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 skills needed to manage anger, increase impulse control, resolve conflict, and communicate effectively.

**Page 20**

**FORMATS**

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library

*Also available in Spanish*

CO-PARENTING



A 4- to 6-hour seminar that meets the requirements of many courts for divorcing parents. Helps parents stay child-focused instead of letting the conflict of divorce harm their children.

**Page 21**

**FORMATS**

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library
- Online Parenting Class

CO-PARENTING



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 23**

**FORMATS**

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library

*Available as a 3- or 6-session program*

STEPARENTING

## LEADER TRAINING WORKSHOPS

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.

**Page 26-29**

**FORMATS**

- Webinars
- Online Self-Study
- Live Workshops
- Train the Trainer

TRAINING

# 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.

### AGES 0-5

#### 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 program, 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. See our website for complete details about this innovative new program.

### EVIDENCE-BASED

Active Parenting programs have evidence showing positive changes in both parents and children. See our website for all evidence and measurement tools for this program, including:

- Preliminary results from the recent field study
- Listing in the Penn State Clearinghouse of Military Family Readiness
- NREPP review
- Free survey tools for your own parenting classes



Check our webpage for details, including sample video scenes: [www.activeparenting.com/FFY](http://www.activeparenting.com/FFY)

#### The program kit's flexible format 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

- A**

#### Session I

##### You and Your Child

  - Styles of parenting
  - Ages and stages of development
  - Building a bond with your child
  - The method of choice
- B**

#### Session II

##### Preventing Problems

  - Your child's beautiful brain
  - Using nonviolent discipline
  - The “A-C-T” of parenting
- C**

#### Session III

##### Encouraging Positive Behavior

  - The power of encouragement
  - Choices and consequences
  - Caring for the caregiver
- C**

#### Session IV

##### Preparing for School Success

  - 7 smart things parents can do to help young children get ready for school



OPTIONAL  
POWERPOINT  
WITH VIDEO



SAMPLE VIDEO  
ON WEBSITE



EVIDENCE-  
BASED



AAP  
Revere Awards  
FINALIST



CC  
KIT DVD



ALSO  
AVAILABLE  
IN SPANISH  
(see page 9)

## 4 FORMATS!

### Available in multiple formats, in English and Spanish

*First Five Years* is available in four easy-to-use formats to help you reach parents in multiple settings, including a lively parenting class, a video series, and self-study. See our website for complete details, including sample pages and video: [www.activeparenting.com/FFY](http://www.activeparenting.com/FFY)

FORMAT  
1

### PARENTING PROGRAM KIT



This “teach out of the box” program kit provides tools for a parenting course for caregivers of children from birth to age 5. The program is flexible and your classes can be taught in 1, 3, or 4 sessions lasting 1-2 hours each. It’s up to you!

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 convenient PowerPoint presentation.

FORMAT  
2

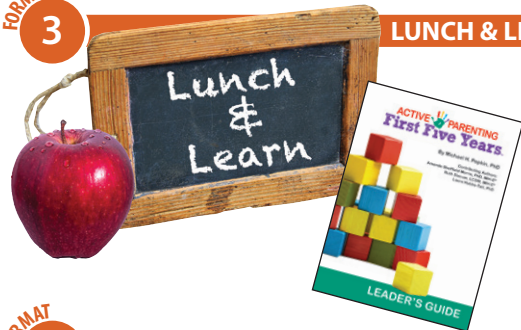
### VIDEO LIBRARY

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



FORMAT  
3

### LUNCH & LEARN PROGRAM



The Lunch & Learn kit provides the Video Library and Leader’s Guide for a series of 4 short (50-60 minutes) parenting classes.

FORMAT  
4

### ONLINE PARENTING CLASS

Parents can take the class anytime at home with First Five Years Online Groups. Each class registration includes a copy of the Parent’s Guide and a certificate at the end. Quantity discounts available.



PRICE  
GUIDE  
NEXT PAGE

PRICE GUIDE

FORMAT

1

Parenting Program Kit

Jump-Start Package

Contains 1 Standard Program Kit (see below), 15 Parent's Guides, 15 Parent Completion Certificates, 15 Key Points Magnets, and 6-month subscription to FFY Online Video Library



- 1688P Video on PowerPoint .....\$599.00
- 1688 Video on DVD ..... \$599.00

Standard Program Kit

Contains 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)

- 1681 Video on PowerPoint .....\$399.00
- 1680 Video on DVDs..... \$399.00

1683 Parent's Guides

Quantity discounts:

- 1-24..... \$14.95 ea.
- 25-99 ..... \$13.95 ea.
- 100+..... \$12.95 ea.

Parent Certificates

- 1684 Pkg/15..... \$10.00
- 1684E Download ..... \$24.95

Key Points Magnets (pkg/5)

- 7157.....\$7.50

FORMAT

2

Video Library

- 1691 Video #1..... \$79.95
- 1692 Video #2..... \$79.95
- 1693 Video #3..... \$79.95
- 1694 Video #4..... \$79.95
- Set of 4 DVDs
- 1690 .....\$299.00

Online Video Library

- 1690LC Annual subscription..... \$199.00

FORMAT

3

Lunch & Learn Program

Standard kit contains 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

FORMAT

4

Online Parenting Class

- 360FFY 1 parent, 1 book..... \$79.95
- 360FFY2 2 parents, 1 book.....\$129.90

Facilitator Training (optional)

See pages 26-29 for details and dates.

- Leader Training webinar ..... \$179.00
- Leader Training self-study..... \$189.00
- Training of Trainers ..... \$649.00



Tools for a dynamic class experience

Provide class participants with a Parent's Guide of their own. It is filled with examples, photos, worksheets, and the PowerPoint slides.

At the end, present everyone with a Key Points Magnet and a Certificate of Completion to display with pride.



Praise for First Five Years

Finalist

2017 REVERE Awards (Association of American Publishers)

"Highly recommended."

Video Librarian magazine (September/October 2017)

"A great revision! Our parents will love it!!"

Steven J. Hargrave, MA, LPC-S, LMFT  
Iberia Parish (Louisiana) Schools

"A MUST for all teen parents!"

Sue Legal  
Ouachita Children's Center, Arkansas



# Los **PATERNIDAD ACTIVA** **Primeros Cinco Años**<sup>TM</sup>

by Michael H. Popkin, Ph.D.

Contributing authors: Amanda Sheffield Morris, PhD, IMH-E<sup>®</sup>;

Ruth Slocum, LCSW, IMH-E<sup>®</sup>; and Laura Hubbs-Tait, PhD.



## DEL NACIMIENTO A 5 AÑOS

### Parenting education for the early years—en español

Help Spanish-speaking parents make the most of the early years with *Paternidad Activa: Los primeros cinco años*, the Spanish edition of our popular *Active Parenting: First Five Years* program (page 6). All materials are in Spanish. Video is dubbed.

### Available in multiple formats

*Los primeros cinco años* is available in three easy-to-use formats to help you reach parents in multiple settings, including a lively parenting class, a video series, and a “lunch & learn” kit.

Check our webpage for details, including sample video scenes: [www.activeparenting.com/FFYS](http://www.activeparenting.com/FFYS).

### Measurement tools for your classes

Active Parenting programs have evidence showing positive changes in both parents and children. See our website for all evidence and measurement tools (in Spanish) for this program.

## PRICE GUIDE

FORMAT

### 1 Parenting Program Kit

#### Jump-Start Package

Contains 1 Standard Program Kit (see below), 15 Parent’s Guides, 15 Parent Completion Certificates, 15 Key Points Magnets, and 6-month subscription to the FFYS Online Video Library

Best Value!

**2238P** Video on PowerPoint ..... **\$599.00**

**2238D** Video on DVD ..... **\$599.00**

#### Standard Program Kit

Contains 64 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)

**2231** Video on PowerPoint ..... **\$399.00**

**2230** Video on DVDs ..... **\$399.00**

#### Parent Certificates

**2234** Pkg/15 ..... \$10.00

**2234E** Download ..... \$24.95

### 2233 Parent’s Guides

Quantity discounts:

1-24 ..... \$14.95 ea.

25-99 ..... \$13.95 ea.

100+ ..... \$12.95 ea.

### Key Points Magnets (pkg/5)

7158 ..... \$7.50

### 2 Video Library

(Videos are also sold separately; see our website.)

**2240 Set of 4 DVDs** ..... **\$299.00**

### Online Video Library

**2240LC** Annual subscription ..... \$199.00

FORMAT

### 3 Lunch & Learn Program

Standard kit contains 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**



# ACTIVE PARENTING™

4th edition



by Michael H. Popkin, Ph.D.



## AGES 5-12

### Experience the joy of parenting in the middle years

*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. Written by parenting expert Dr. Michael Popkin, AP4 offers a proven-effective approach that will lead to more harmony and happiness for parents and their children.

### ...while preparing for the teen years

In addition to the core model, with AP4 you will also demonstrate skills for dealing with bullying, drug prevention, and school success. The course helps parents lay a foundation of trust and openness that will be important as their children enter adolescence. See our website for complete details about our flagship program.

Check our webpage for details, including sample video scenes: [www.activeparenting.com/AP4](http://www.activeparenting.com/AP4)

## EVIDENCE-BASED

Active Parenting programs have evidence showing positive changes in both parents and children. See our website for all evidence and tools for this program, including:



- Research papers
- Listing in the Penn State Clearinghouse of Military Family Readiness
- Listing in New York State OASAS
- Listing in California Evidence-based Clearinghouse for Child Welfare (CEBC)
- NREPP review
- Free survey tools for your own parenting classes

### The program kit's flexible format makes it possible for you to offer:

- A** a comprehensive 6-session course
- B** a 3- to 4-session class for core Active Parenting skills
- C** a 1-session unit on parent engagement skills to build school success

#### Session I

##### The Active Parent

- Styles of parenting
- Brain development in children

#### Session II

##### Cooperation & Communication

- Who owns the problem?
- Feelings, empathy, and problem-solving

#### Session III

##### Responsibility and Discipline

- Effective, non-violent discipline

#### Session IV

##### Building Courage & Self-Esteem

- The Think-Feel-Do Cycle

#### Session V

##### Understanding & Redirecting Misbehavior

- Eliminating power struggles
- Handling anger

#### Session VI

##### Active Parenting for School Success

- 7 Smart Things for School Success
- Tobacco, alcohol, and other drugs



OPTIONAL  
POWERPOINT  
WITH VIDEO

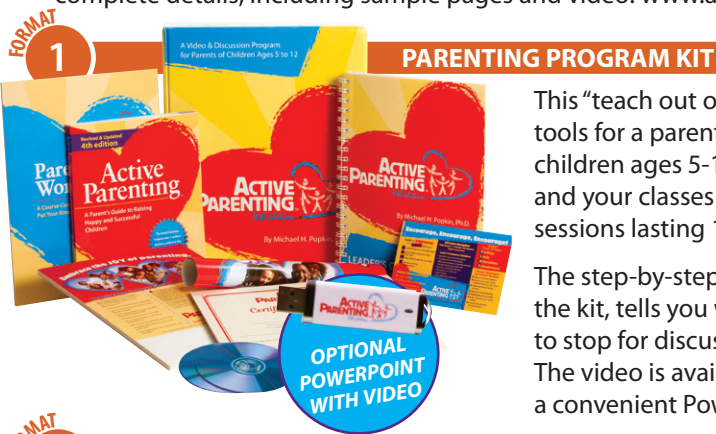


ALSO  
AVAILABLE  
IN SPANISH  
(see page 13)

## 5 FORMATS!

### Available in multiple formats, in English and Spanish

*Active Parenting 4th Ed.* is available in five easy-to-use formats to help you reach parents in multiple settings, including a lively parenting class, a video series, and self-study. See our website for complete details, including sample pages and video: [www.activeparenting.com/AP4](http://www.activeparenting.com/AP4)



The *Active Parenting 4th Ed.* program kit is available in a digital format similar to an ebook. With the Digital Edition, you will have the entire curriculum in the palm of your hand—on your tablet, phone, or laptop.



Parents can take the class any time at home with *Active Parenting 4th Ed.* Online. Each class registration includes a copy of the Parent’s Guide and a certificate at the end. Quantity discounts are available.



# PRICE GUIDE

FORMAT

## 1 Parenting Program Kit

### Jump-Start Package

Contains 1 Standard Program Kit (see below), 15 Parent's Guides, 15 Parent's Workbooks, 15 Parent Completion Certificates, 15 Key Points Magnets, and 6-month subscription to the AP4 Online Video Library

- 1969P** Video on PowerPoint .....\$799.00
- 1969** Video on DVDs ..... \$799.00

### Standard Program Kit

Contains 170 minutes of video on 1 PowerPoint with embedded video **or** 2 DVDs + nonvideo PowerPoint, 1 Leader's Guide, 1 sample Parent's Guide, 1 sample Parent's Workbook, 1 sample Parent Certificate, 1 Key Points Magnet, 2 Course Announcement Posters, 1 Reproducible Flyer, Research Measurement Tools (download)

- 1961** Video on PowerPoint .....\$499.00
- 1960** Video on DVDs ..... \$499.00

### 1965 Parent's Guide/Workbook Combo

*(Books are also sold separately; see our website.)* Quantity discounts:

- 1-24.....\$19.95 ea.
- 25-99 .....\$18.95 ea.
- 100+.....\$16.95 ea.

### Parent Certificates

- 1966** Pkg/15..... \$10.00
- 1966E** Download ..... \$24.95

### Key Points Magnets (pkg/5)

- 7148**.....\$7.50



FORMAT

## 2 Digital Edition

Contains 1 Standard Program Kit digital edition. Rental pricing is also available. See our website for details about the digital program kit ([www.activeparenting.com/DE](http://www.activeparenting.com/DE)).

- 1960DE** Purchase..... \$499.00

FORMAT

## 3 Video Library

*(Videos are also sold separately; see our website.)*

- 1970 Set of 6 DVDs** .....\$399.00

### Online Video Library

- 1970LC** Annual subscription..... \$239.00

FORMAT

## 4 Lunch & Learn Program

Standard kit contains 6 DVDs, 1 Leader's Guide, 1 Parent's Guide, 1 Parent's Workbook, 1 Parent Certificate, 1 Key Points magnet, 2 Posters

- 4114** Standard.....\$449.00
- 3512** Jump-Start .....\$749.00

FORMAT

## 5 Online Parenting Class

- 360AP4**.....\$79.95

### Facilitator Training

See pages 26-29 for details and dates.

- Leader Training webinar ..... \$179.00
- Leader Training self-study..... \$189.00
- Training of Trainers ..... \$649.00



### Tools for a dynamic class experience

Provide class participants with a Parent's Guide and Parent's Workbook of their own. The books are filled with examples, photos, worksheets, and the PowerPoint slides.

At the end, present everyone with a Key Points Magnet and a Certificate of Completion to display with pride.

### Praise for Active Parenting 4th Ed.

#### Finalist

2015 REVERE Awards  
(Association of American Publishers)

*"My diverse clients can always identify with one of the families presented in the video."*

Maggie P., Counselor, Pompano Beach, Florida

*"Highly recommended"*

Video Librarian magazine

*"A great way to present a philosophy stressing personal responsibility."*

Judy A.

Early Learning Counselor, Atlanta, Georgia

# PATERNIDAD ACTIVA™

4a edición



by Michael H. Popkin, Ph.D.



## PARA LOS EDADES DE 5-12

### Help for Spanish-speaking parents

*Paternidad Activa 4a edición* is the Spanish version of our *Active Parenting 4th Edition* program for parents of children ages 5-12 (page 10).

All materials are in Spanish. Video is dubbed.

### Available in multiple formats

This valuable program is available in 3 easy-to-use formats to help you reach parents in multiple settings, including a parenting class, a video series, and a “lunch & learn” kit.

Check our webpage for details, including sample video scenes: [www.activeparenting.com/PA4](http://www.activeparenting.com/PA4).

### Measurement tools for your classes

Active Parenting programs have evidence showing positive changes in both parents and their children. See our website for all evidence and measurement tools (in Spanish) for this program.

## PRICE GUIDE

FORMAT

### 1 Parenting Program Kit

#### Jump-Start Package

Contains 1 Standard Program Kit (see below), 15 Parent’s Guides, 15 Parent’s Workbooks, 15 Parent Completion Certificates, 15 Key Points Magnets, and 6-month subscription to the Paternidad Activa Online Video Library

**2229P** Video on PowerPoint ..... **\$799.00**

**2229** Video on DVDs ..... **\$799.00**

#### Standard Program Kit

Contains 170 minutes of video on 1 PowerPoint with embedded video **or** 2 DVDs + nonvideo PowerPoint, 1 Leader’s Guide, 1 sample Parent’s Guide, 1 sample Parent’s Workbook, 1 sample Parent Certificate, 1 Key Points Magnet, 2 Course Announcement Posters, 1 Reproducible Flyer, Research Measurement Tools (download)

**2221** Video on PowerPoint ..... **\$499.00**

**2220** Video on DVDs ..... **\$499.00**

#### Parent Certificates

**2226** Pkg/15 ..... \$10.00

**2226E** Download ..... \$24.95

Best Value!

### Key Points Magnets (pkg/5)

**7154** ..... \$7.50

### 2225 Parent’s Guide/Workbook Combo

(Books are also sold separately; see our website.) Quantity discounts:

1-24 ..... \$19.95 ea.

25-99 ..... \$18.95 ea.

100+ ..... \$16.95 ea.

FORMAT

### 2 Video Library

(Videos are also sold separately; see our website.)

**1290 Set of 6 DVDs** ..... **\$399.00**

### Online Video Library

**1290LC** Annual subscription ..... \$239.00

FORMAT

### 3 Lunch & Learn Program

Standard kit contains 6 DVDs, 1 Leader’s Guide, 1 Parent’s Guide, 1 Parent’s Workbook, 1 Parent Certificate, 1 Key Points magnet, 2 Posters

**4116** Standard ..... **\$449.00**

**3514** Jump-Start ..... **\$749.00**



OPTIONAL POWERPOINT WITH VIDEO



SAMPLE VIDEO ON WEBSITE

EVIDENCE-BASED

# Active Parenting of Teens : ) third edition

by Michael H. Popkin, Ph.D.

## AGES 12-16

### Help for the home stretch

Facing the teen years, many parents find themselves with new questions. Use *Active Parenting of Teens* to give them the confidence to meet the challenges—and savor the joys—of adolescence.

### Offers the skills they need for the teen years

Written by parenting expert Dr. Michael Popkin, *Active Parenting of Teens* explains what's going on in a teen's head. Parents will learn how to open up communication, encourage cooperation and responsibility, and discipline effectively. And, crucially, they will learn 10 strategies for preventing problems relating to drugs, alcohol, bullying, and teen sexuality. See our website for complete details about this valuable program.

## EVIDENCE-BASED

Active Parenting programs have evidence showing positive changes in both parents and children. See our website for all evidence and tools for this program, including:

- Research papers
- Listing in the Penn State Clearinghouse of Military Family Readiness
- Listing in New York State OASAS
- Listing in California Evidence-based Clearinghouse for Child Welfare (CEBC)
- NREPP review
- Free survey tools for your own parenting classes



Check our webpage for details, including sample video scenes: [www.activeparenting.com/Teens](http://www.activeparenting.com/Teens)

### The program kit's flexible format makes it possible for you to offer:

- A** a comprehensive 6-session course
- B** a 2-part class (3 sessions each)
- C** a 4-session class for basics + skills practice
- D** a 3-session class for basic skills
- E** a 2-session unit on drug prevention

#### **D** Session I

##### **The Active Parent**

- Control vs. influence
- Mutual respect
- Method of choice

#### **C**

##### **Session II**

##### **Winning Cooperation**

- Who owns the problem?
- Active communication with teens

#### **A**

##### **Session III**

##### **Responsibility and Discipline**

- Logical consequences and more
- Problem-solving with FLAC

#### **B**

##### **Session IV**

##### **Building Courage, Redirecting Misbehavior**

- The Think-Feel-Do Cycle
- Five goals of teen behavior
- Eliminating power struggles

#### **E**

##### **Session V & VI**

##### **Drugs, Sexuality, and Violence**

- Risk-prevention strategies



## 4 FORMATS!

### Available in multiple formats, in English and Spanish

*Active Parenting of Teens* is available in four easy-to-use formats to help you reach parents in multiple settings, including an informative parenting class, a video series, and self-study. See our website for complete details, including sample pages and video: [www.activeparenting.com/Teens](http://www.activeparenting.com/Teens)

#### FORMAT 1 PARENTING PROGRAM KIT



This “teach out of the box” program kit provides tools for a parenting course for caregivers of kids ages 12-16. The program is flexible and your classes can be taught in 2, 3, 4, or 6 sessions lasting 1-2 hours each. It’s up to you!

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 convenient PowerPoint presentation.

#### FORMAT 2 VIDEO LIBRARY

The *Active Parenting of Teens* Video Library, available on DVD or online, contains all the same great video scenes from the program kit. Each video is 24-34 minutes long and comes with downloadable discussion guidelines and Parent’s Tips Sheets. Use these videos in your resource room, at parent meetings, and more.



#### FORMAT 3 LUNCH & LEARN PROGRAM



The Lunch & Learn kit provides the Video Library and Leader’s Guide for a series of 6 short (40-50 minutes) parenting classes.

#### FORMAT 4 ONLINE PARENTING CLASS

Parents can take the class any time at home with *Active Parenting of Teens* Online. Each class registration includes a copy of the Parent’s Guide and a certificate at the end. Quantity discounts are available.



**PRICE  
GUIDE**  
NEXT PAGE

# PRICE GUIDE

FORMAT

1

## Parenting Program Kit

### Jump-Start Package

Contains 1 Standard Program Kit (see below), 15 Parent's Guides, 15 Parent Completion Certificates, and 6-month subscription to the Teens Online Video Library

- 4509P** Video on PowerPoint ..... **\$649.00**
- 4509D** Video on DVD ..... **\$649.00**



### Standard Program Kit

Contains 150 minutes of video on 1 PowerPoint with embedded video **or** 2 DVDs + nonvideo PowerPoint, 1 Leader's Guide, 1 sample Parent's Guide, 1 sample Parent Certificate, 2 Course Announcement Posters, 1 Reproducible Flyer, Research Measurement Tools (download)

- 4500P** Video on PowerPoint ..... **\$449.00**
- 4500D** Video on DVDs ..... **\$449.00**

### 4503 Parent's Guides

Quantity discounts:

- 1-24..... \$14.95 ea.
- 25-99 ..... \$13.95 ea.
- 100+ ..... \$12.95 ea.

### Parent Certificates

- 4504** Pkg/15 ..... \$10.00



### Tools for a dynamic class experience

Provide class participants with a Parent's Guide of their own. It is filled with examples, photos, and worksheets. At the end, present everyone with a Certificate of Completion to display with pride.



FORMAT

2

## Video Library

- 4520D** Set of 6 DVDs..... **\$349.00**
- 4521D** Video #1 ..... \$69.95
- 4522D** Video #2..... \$69.95
- 4523D** Video #3..... \$69.95
- 4524D** Video #4..... \$69.95
- 4525D** Video #5..... \$69.95
- 4526D** Video #6..... \$69.95

### Online Video Library

- 4520LC** Annual subscription..... \$239.00

FORMAT

3

## Lunch & Learn Program

Standard kit contains 6 DVDs, 1 Leader's Guide, 1 Parent's Guide, 1 Parent Certificate

- 4112D** Standard ..... **\$349.00**
- 3528D** Jump-Start..... **\$599.00**

FORMAT

4

## Online Parenting Class

- 3602A** 1 parent, 1 book..... **\$79.95**
- 3602C** 2 parents, 1 book..... **\$129.90**

### Facilitator Training (optional)

See pages 26-29 for details and dates.

- Leader Training webinar ..... \$179.00
- Training of Trainers ..... \$649.00

## Praise for Active Parenting of Teens

*Juvenile Program of the Year*  
Arkansas Coalition for Juvenile Justice

*"...one of the best parent programs I have seen and I think many parents will benefit..."*

G. Marie Bryant

Behavioral Health Services of South Georgia

*Gold Award*  
EMPixx Awards

*"As we watch the videos and discuss the situations, the moms and dads start opening up."*

Linda Anton

Teen Court Administrator  
15th Judicial District, Louisiana



# Paternidad Activa de Adolescentes : )

by Michael H. Popkin, Ph.D.

**Tercera Edición**



**PARA LOS EDADES DE 12-16**

**Parenting education for the adolescent years—en español**

The Spanish edition of the *Active Parenting of Teens* program (page 14) features video dubbed in Mexico and parent materials in Spanish. (Leader's Guide is in English.)

**Available in multiple formats**

*Paternidad Activa de Adolescentes* is available in 3 easy-to-use formats to help you reach parents in multiple settings, including a parenting class, a video series, and a "lunch & learn" kit. For complete details about this program, including a session outline, go to [www.activeparenting.com/PADAT](http://www.activeparenting.com/PADAT).

**Check our webpage for details, including sample video scenes:**  
[www.activeparenting.com/PADAT](http://www.activeparenting.com/PADAT).

**Measurement tools for your classes**

Active Parenting programs have evidence showing positive changes in both parents and their children. See our website for all evidence and measurement tools (in Spanish) for this program.

## PRICE GUIDE

**FORMAT 1 Parenting Program Kit** *Best Value!*

**Jump-Start Package**

Contains 1 Standard Program Kit (see below), 15 Parent's Guides, 15 Parent Completion Certificates, and 6-month subscription to the Paternidad Online Video Library

**4517** Video on PowerPoint ..... **\$599.00**

**4516D** Video on DVDs ..... **\$599.00**

**Standard Program Kit**

Contains 150 minutes of video on 1 PowerPoint with embedded video **or** 2 DVDs + nonvideo PowerPoint, 1 Leader's Guide (in English), 1 sample Parent's Guide, 1 sample Parent Certificate, 2 Course Announcement Posters, Research Measurement Tools (download)

**NEW!** **4510P** Video on PowerPoint .. **\$399.00**

**4510D** Video on DVDs ..... **\$399.00**

**Parent Certificates**

**4514** Pkg/15 ..... \$6.00

**4513 Parent's Guides**

Quantity discounts:

1-24..... \$14.95 ea.

25-99 ..... \$13.95 ea.

100+ ..... \$12.95 ea.

**FORMAT 2 Video Library**

*(Videos are also sold separately; see our website.)*

**1280D Set of 6 DVDs..... \$349.00**

**Online Video Library**

**1280LC** Annual subscription ..... \$239.00

**FORMAT 3 Lunch & Learn Program**

Standard kit contains 6 DVDs, 1 Leader's Guide (in English), 1 Parent's Guide, 1 sample Parent Certificate, 2 Posters

**4113D** Standard ..... **\$399.00**

**3521** Jump-Start ..... **\$599.00**

OPTIONAL POWERPOINT WITH VIDEO | SAMPLE VIDEO ON WEBSITE | EVIDENCE-BASED



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

**LIFE SKILLS FOR AGES 11-16**

*Teens in Action* is a high-energy, video-based program for young teens. With this program, 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



**Check our webpage for details, including sample video scenes: [www.activeparenting.com/TIA](http://www.activeparenting.com/TIA)**

techniques for peaceful conflict resolution. The material is available in multiple formats to expand your impact. See our website for complete details about this program.



**PRICE GUIDE**

**FORMAT 1 Program Kit**

**Jump-Start Package**

Contains 1 Standard Program Kit (see below), 15 Teen's Guides, 15 Responsibility Coins, 15 Teen Completion Certificates, and a 6-month subscription to the TIA Online Video Library

**1749** Video on DVD .....**\$489.00**

**Standard Program Kit**

Contains 124 minutes of video on 1 DVD, 1 Leader's Guide, 1 PowerPoint Presentation, 1 sample Teen's Guide, 1 Responsibility Coin, 1 sample Teen Certificate, 2 Course Announcement Posters, 1 Reproducible Flyer

**1740** Video on DVD .....**\$299.00**

**Teen Certificates**

**1744** Pkg/15 .....\$6.00



**1743 Teen's Guides**

Each book comes with a free Responsibility Coin. Quantity discounts:

- 1-24.....\$13.95 ea.
- 25-99 .....\$12.95 ea.
- 100+ .....\$11.95 ea.

**FORMAT 2 Video Library**

*(Videos are also sold separately; see our website.)*

**1790 Set of 6 DVDs** .....**\$279.00**

**Online Video Library**

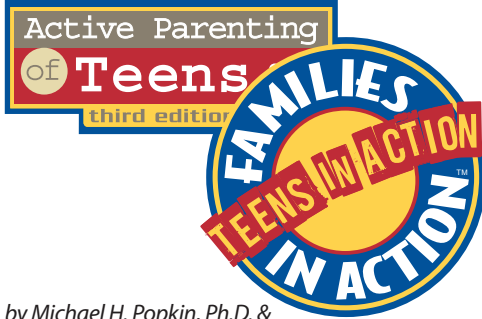
**1790LC** Annual subscription. .... \$239.00

**Additional Responsibility Coins**

1736 ..... \$1.00 ea.

**Facilitator Training (optional)**  
 See pages 26-29 for details and dates.  
 Leader Training webinar ..... \$179.00





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



Check our webpage for details, including sample video scenes: [www.activeparenting.com/FIA](http://www.activeparenting.com/FIA)

**FOR PARENTS + TEENS**

**A unique program bringing parents and teens together—at last**

Parents and teens are often at odds, but it doesn't have to be that way. When they 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. This program gives families valuable tools for the challenging teen years: communication, mutual respect, risk-prevention, and more. See our website for complete details about this comprehensive program.

**It's three programs in one!**

With this kit, we've built in the flexibility you need to reach as many people as possible. Your program kit can be used in 3 ways:  
 #1 A class for parents: Active Parenting of Teens  
 #2 A class for teens: Teens in Action  
 #3 A class for parents and their teens together: Families in Action!

**Research proves it's effective**

Active Parenting programs have evidence showing positive changes in both parents and children. See our website for all evidence and tools for this program, including research in the Journal of Drug Education.

**PRICE GUIDE**

See our website for a complete price list.

FOR MAT

**1 Program Kit**

**3-in-1 Jump-Start Package**

Contains 1 Standard Program Kit (see below), 15 Parent's Guides, 15 Teen's Guides, 15 Responsibility Coins, 45 Completion Certificates (15 of each)

**1739** Video on DVDs ..... **\$898.00**

**3-in-1 Standard Program Kit**

Contains 2 parent class DVDs (150 min.), 1 teen class DVD (124 min.), 1 Parent PowerPoint, 1 Parent+Teen & Teen PowerPoint, 1 Parent's Guide, 1 Teen's Guide, 1 set of Parent Handouts, 1 Parent Leader's Guide, 1 Parent+Teen & Teen Leader's Guide, 1 Parent Certificate, 1 Teen Certificate, 1 Parent+Teen Certificate, Promotional Tools

**1730** Video on DVDs ..... **\$549.00**



**1743 Teen's Guides**

Each book comes with a free Responsibility Coin. Quantity discounts:

- 1-24..... \$13.95 ea.
- 25-99 ..... \$12.95 ea.
- 100+ ..... \$11.95 ea.

**4503 Parent's Guides**

Quantity discounts:

- 1-24..... \$14.95 ea.
- 25-99 ..... \$13.95 ea.
- 100+ ..... \$12.95 ea.

**Parent Certificates**

**4504** Pkg/15 ..... \$6.00

**Teen Certificates**

**1744** Pkg/15 ..... \$6.00

**Parent+Teen Certificates**

**1734** Pkg/15 ..... \$6.00

**Facilitator Training (optional)**

See pages 26-29 for details and dates.

Leader Training webinar ..... \$179.00



# Cooperative Parenting™ and Divorce



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

Check our webpage for details, including sample video scenes: [www.activeparenting.com/CPD](http://www.activeparenting.com/CPD).

## CO-PARENTING

### Guide them from couple to co-parents

This video-based program helps separating parents 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

Over the course of eight sessions, this course educates parents about children's issues in divorce and the impact of conflict on their child. It also teaches parents the practical skills they need to manage anger, increase impulse control, resolve conflict, and communicate effectively with their co-parent.

### 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. Available in English or Spanish. See our website for complete details about this vital program.



## PRICE GUIDE

FORMAT

### 1 Parenting Program Kit

#### Jump-Start Package

Contains 1 Standard Program Kit (see below), 15 Parent's Guides, 15 Parent Completion Certificates.

**3113D** Video on DVD .....\$589.00

#### Standard Program Kit

Contains 36 minutes of video on 1 DVD, 1 Leader's Guide, 1 PowerPoint Presentation, 1 sample Parent's Guide, 1 sample Parent Certificate, Promotional Materials and Forms on CD.

**3100D** Video on DVD .....\$349.00

#### Parent Certificates

**3104** English Pkg/15 .....\$6.00

**3424** Spanish Pkg/15.....\$6.00



FORMAT

### 2 Program Kit in Spanish

*Padres Cooperando en Medio de un Divorcio* is the Spanish edition of the same program. All materials are in Spanish except the Leader's Guide. See our website for details and pricing.

**3429D** Jump-Start Program Kit .....\$529.00

**3420D** Standard Program Kit .....\$349.00

#### 3103 English Parent's Guides

#### 3423 Spanish Parent's Guides

Quantity discounts:

1-24.....\$19.95 ea.

25-99 .....\$17.95 ea.

100+ .....\$15.95 ea.

### Facilitator Training (optional)

See pages 26-29 for details and dates.

Leader Training webinar .....\$179.00



# CROSSROADS OF PARENTING & DIVORCE™

5 STEPS TO PREVENT DIVORCE ABUSE

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



## CO-PARENTING

### A 4- to 6-hour seminar to help separating parents

*Crossroads* is a five-step seminar designed to prevent divorce abuse—a specific type of emotional abuse that divorcing parents cause when, in their anger and bitterness, they lose sight of their child’s needs.

This video-based seminar will help parents become aware of how their actions may inadvertently harm their children, show how to establish positive post-divorce co-parenting relationships, and provide them with the skills they need to stay child-focused while minimizing poor choices amidst conflict and loss. *Crossroads* is derived from the evidence-based *Cooperative Parenting and Divorce* program (opposite page) and shares scenes from the same video.

Check our webpage for details, including sample video scenes: [www.activeparenting.com/XPD](http://www.activeparenting.com/XPD).

### 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. Certificates can be ordered for all attendees.



## PRICE GUIDE

FORMAT

### 1 Parenting Program Kit

#### Jump-Start Package

Contains 1 Standard Program Kit (see below), 15 Parent’s Guides, 15 Parent Completion Certificates.

**3409D** Video on DVD ..... **\$429.00**

Best Value!

#### Standard Program Kit

Contains 20 minutes of video on 1 DVD, 1 Leader’s Guide, 1 PowerPoint Presentation, 1 sample Parent’s Guide, 1 sample Parent Certificate, Promotional Materials and Forms on CD.

**3400D** Video on DVD ..... **\$299.00**

### Parent Certificates

**3404** Pkg/15 ..... \$6.00

### 3403 Parent’s Guides

Quantity discounts:

1-24 ..... \$9.95 ea.

25-99 ..... \$8.95 ea.

100+ ..... \$7.95 ea.

FORMAT

### 2 Online Parenting Class

**3601** ..... \$79.95





by Michael H. Popkin, Ph.D., Melody F. Popkin, and Sue Allen, M.A.

**AGES 5-12**

**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. Use CAP to guide anxious parents, to bring families closer to God, and to build a more vibrant faith community.

Based on *Active Parenting 4th Ed.* (p. 10), CAP uses scripture to explore the essential

Check our webpage for details, including sample video scenes: [www.activeparenting.com/CAP](http://www.activeparenting.com/CAP)

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.

**4 FORMATS!**

*Christian Active Parenting* is available in several easy-to-use formats to help you welcome parents in different settings.

FORMAT

**1 Parenting Program Kit**

**Jump-Start Package**

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

- 1999P** Video on PowerPoint ..... **\$799.00**
- 1999D** Video on DVDs ..... **\$799.00**

**Standard Program Kit**

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

- 1991** Video on PowerPoint ..... **\$499.00**
- 1990** Video on DVDs ..... **\$499.00**

**1995 Parent's Guide/Workbook Combo**

(Books are also sold separately: see our website.) Quantity discounts:

- 1-24..... \$19.95 ea.
- 25-99 ..... \$18.95 ea.
- 100+ ..... \$16.95 ea.



**Parent Certificates**

- 1996** Pkg/15 ..... \$10.00
- 1996E** Download ..... \$24.95

**Key Points Magnets (pkg/5)**

- 7153** ..... \$7.50

FORMAT

**2 Video Library**

(Videos are also sold separately; see our website.)

- 1980 Set of 6 DVDs** ..... **\$399.00**

**Online Video Library**

- 1980LC** Annual subscription. .... \$239.00

FORMAT

**3 Lunch & Learn Program**

Standard kit contains 6 DVDs, 1 Leader's Guide, 1 Parent's Guide, 1 Parent's Workbook, 1 Parent Certificate, 1 Key Points magnet, 2 Posters

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

FORMAT

**4 Online Parenting Class**

- 360CAP** ..... **\$79.95**





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

**AGES 5-12**

**Provide much-needed support to parents in blended families**

*Active Parenting for Stepfamilies* is a program for both parents and stepparents. It demonstrates skills for raising children in the unique blended family environment, along with powerful communication and negotiation skills to strengthen marriage and family.

In addition to the core Active Parenting model, the program covers topics that are unique to stepfamilies: the stepparent's role,

**Check our webpage for details, including sample video scenes: [www.activeparenting.com/PSF](http://www.activeparenting.com/PSF).**

emotional baggage, differences in values, discipline, power struggles, and celebrating your blended family's achievements.

This course is also a great resource for foster parents, adoptive parents, single parents, and others affected by loss and change. See our website for details about each session of the course.

**4 FORMATS!**

*Active Parenting for Stepfamilies* is available in several easy-to-use formats to help you reach parents in different settings.

FORMAT

**1 Parenting Program Kit**

**Jump-Start Package**

Contains 1 Standard Program Kit (see below), 15 Parent's Guides, 15 Parent Completion Certificates, and 6-month subscription to the APSF Online Video Library

**1949D** Video on DVDs .....**\$599.00**

**Standard Program Kit**

Contains 202 minutes of video on 2 DVDs, 1 Leader's Guide, 1 PowerPoint Presentation, 1 sample Parent's Guide, 1 sample Parent Certificate, 4 Course Announcement Posters, 1 Reproducible Flyer, Research Measurement Tools (download)

**1940D** Video on DVDs .....**\$399.00**

**1995 Parent's Guides**

Quantity discounts:

1-24..... \$14.95 ea.

25-99 ..... \$13.95 ea.

100+ ..... \$12.95 ea.



FORMAT

**2 Short Course Program Kit**

A 3-session course focusing specifically on stepfamily issues. See our website for details.

**1950D** Video on DVD .....**\$249.00**

FORMAT

**3 Video Library**

(Videos are also sold separately; see our website.)

**1920D Set of 6 DVDs**.....**\$349.00**

**Online Video Library**

**1920LC** Annual subscription..... \$239.00

FORMAT

**4 Lunch & Learn Program**

Standard kit contains 6 DVDs, 1 Leader's Guide, 1 Parent's Guide, 1 Parent's Workbook, 1 Parent Certificate, 1 Key Points magnet, 2 Posters

**4109D** Standard .....**\$399.00**

**3527D** Jump-Start.....**\$599.00**



**Facilitator Training**

See pages 26-29 for details and dates.

Leader Training webinar ..... \$179.00

Also recommended...

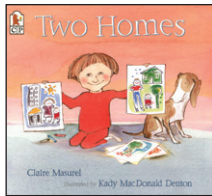
We have selected many excellent books and videos to supplement your Active Parenting programs. Please go to our website to find more resources for:

- Parenting all ages
- Fatherhood
- Parent in jail
- Co-parenting
- Character education
- ADHD, autism, special needs
- Parent engagement in school
- Grief & loss
- Grandparents as parents
- Foster parenting
- and more!



**Complete Active Parenting Online Video Library**  
 Through the Online Video Library, parents can watch all 44 high-quality Active Parenting videos at home or on the go. All they need is an Internet connection—and an access code from you. See our website for a complete list of videos.  
**2011LC Annual subscription .....\$699.00**

**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**

**PARENTING 0-4**  
**Parenting BASICS videos**  
 from InJoy

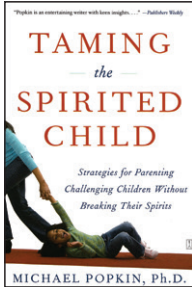


These videos provide essential, stage-appropriate baby care information to new parents. Covers the following topics:  
 Nutrition; Health & Safety; Emotional Health & Positive Discipline; Play & Milestones; Fatherhood; and Self-Care for Moms. In English and Spanish. For details and sample videos, see our website.  
**6977 Set of 12 DVDs in English.....\$995.00**  
**6977SP Set of 12 DVDs in Spanish...\$995.00**

**See our website for more!**

**PARENTING 5-12**

**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 adventurous, persistent, and sensitive than others. In his insightful book for parents, Active Parenting author Michael Popkin shows how to understand them while celebrating the gift of spirit. 266 pp.

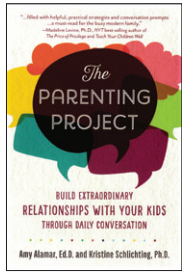
**8839 ..... \$16.99**



**Show Me Your Mad Face**  
 by Connie J. Schnoes, Ph.D.  
 Exhausted parents often try to shield their children from situations that might trigger anger. This book helps parents instead to teach their children that anger is a normal emotion that can be expressed without hurting themselves or others. 222 pp.

**9254 ..... \$13.95**

**The Parenting Project**  
 by Amy Alamar, Ed.D.; and Kristine Schlichting, Ph.D.  
 Be your child's top influencer by making a habit of talking with one another, day by day. The book provides prompts for starting meaningful conversations that apply to everyday life. Lay the groundwork now, so that when the big questions arise, your child will turn to you first. 200 pp.



**9433 ..... \$22.99**

**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.



**6401D (English) ..... \$79.95**  
**1256D (Spanish) ..... \$79.95**



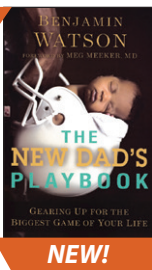
**FATHERHOOD**

**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 "post-season" (bringing baby home). Offers advice for supporting the reader's most important teammate: the baby's mother. 200 pp.

**9429** ..... **\$14.99**



**GAMES FOR LEARNING**

**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 tossing the dice, 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**



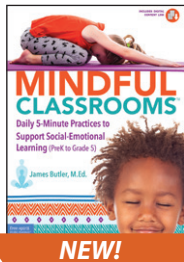
**SCHOOL SUCCESS**

**Mindful Classrooms: Daily Practices to Support Social-Emotional Learning**

by James Butler, M.Ed.

A guide for busy elementary educators on how to easily incorporate mindfulness activities into an existing curriculum—in just 5 minutes a day. With reproducible handouts. For pre-K through 5th grade. 182 pp.

**9436** ..... **\$32.99**



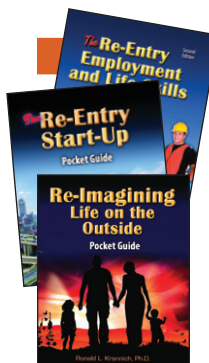
**PARENT IN JAIL**

**Re-Entry Pocket Guides**

by Ronald L. Krannich, Ph.D.

These compact booklets fit in a pocket for study when and where they are needed. Each is packed with the information returning citizens need. 56 pp. ea. Quantity discounts available.

- NEW!** **9437 Re-Imagining Life Outside**.. **\$3.95**
- 9403 Re-Entry Startup**..... **\$3.95**
- 9405 Employment & Life Skills** ..... **\$3.95**
- 9404 Anger Management**..... **\$3.95**
- 9414 Quick Job-Finding** ..... **\$3.95**



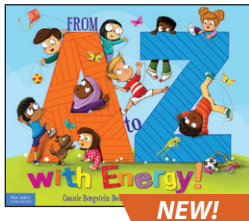
**BOOKS FOR KIDS**

**From A to Z with Energy! 26 Ways to Move and Play**

by Connie Bergstein Dow; illus. by Gareth Llewellyn

This imaginative book teaches kids how to move from A to Z, and how to have fun as they stay active and keep their bodies healthy and strong. With tips for adults for ways to use movement to teach social-emotional skills. For ages 3-8. Hardcover. 40 pp.

**9435** ..... **\$15.99**



**ADHD & SPECIAL NEEDS**

**Survival Guides for kids**

from Free Spirit

In kid-friendly language and a format that welcomes reluctant readers, these books provide strategies for making good choices and succeeding at school and at home. For ages 9-14. Approx. 200 pp. ea.

- 9334 Behavior Challenges** ..... **\$14.99**
- 9333 ADHD** ..... **\$13.99**
- 9335 Autism** ..... **\$16.99**
- 9409 Physical Disabilities**..... **\$14.99**



**SPANISH**

**Consiga que los niños le obedezcan: 100 trucos infalibles (Getting Children to Obey)**

by Isabelle Leclerc

Good behavior is something that is learned, like everything else. This book offers more than 100 nonviolent suggestions for correcting the most common behavior problems among children without squelching their natural curiosity or confidence. In Spanish. 188 pp.

**9315** ..... **\$16.00**



See our website for more!

# Expand your reach with leader training

At an Active Parenting Leader Training Workshop, 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.

We offer training online and in person. See our website for complete details and the latest schedule: [www.activeparenting.com/training](http://www.activeparenting.com/training).

### These workshops will show you how to:

- Explain the program's concepts
- Implement the program in a variety of settings
- Stimulate positive changes in parents
- Get more parents to sign up

### 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.



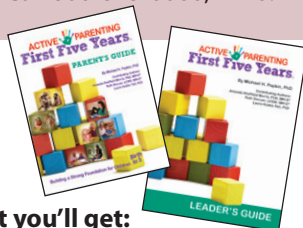
### Group Discount

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!



### Your Training Coordinator

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



### Here's what you'll get:

By registering for a training, you'll get a full day of instruction from a certified Active Parenting Trainer, a free Leader's Guide & Parent's Guide, 15% off the price of a standard program kit, the Certification packet, clock hours, and a certificate of attendance. Satisfaction is guaranteed.

### Register 3, get 4th free!

### Training Menu

#### Online Leader Training

24/7 self-study ..... page 28

#### Leader Training Webinars

Live, online workshops..... page 29

#### Face-to-Face Workshops

Classroom-style training..... page 29

#### Training of Trainers

Step up to the next level..... page 27

### Custom Training

Do you have special training needs or a large group? We'll provide a customized webinar or workshop just for you. Check our website for details.

# TRAINING of TRAINERS WORKSHOPS

**TRAINER:** One who teaches parenting educators (“leaders”) how to lead a group, usually at a Leader Training Workshop.



**Atlanta • July 16-18, 2020**

**Save \$100  
now!**

The three-day Training of Trainers (TOT) is led by Active Parenting author Dr. Michael Popkin along with experienced Active Parenting Trainers. At this event you will gain a deeper knowledge of the programs, learn how to train new parent educators, improve your presentation skills, and exchange ideas with other professionals in your field. **BONUS:** It’s lots of fun!

### Three trainings in one

This training covers the core Active Parenting programs:

- 1 Active Parenting: First Five Years
- 2 Active Parenting 4th Edition
- 3 Active Parenting of Teens

The next TOT will be held in **Atlanta on July 16-18, 2020**. Register early to save \$100. Upon completion of the TOT, you will earn up to 20 clock hours from NBCC and be on your way to gaining certification!

### Pricing Information

Register before  
May 16, 2020 **SAVE \$100!** . . . . . \$549  
Register after May 16, 2020 . . . . \$649

Completion of a Leader Training Webinar is a prerequisite for the TOT.

**Special offer: register 3, get 4th free!**

• 800-825-0060 x 120 •

### For more information...

Go to our website for complete details, including the agenda, the presenters, and the venue: [www.activeparenting.com/TOT](http://www.activeparenting.com/TOT)

## Join the elite team of Certified Active Parenting Leaders!



Certified leaders and trainers are serious about parent education. They have taken the steps necessary to learn an Active Parenting program in depth, to gain valuable real-life experience leading the program as designed by the author, and to solicit feedback from the parents they teach. Discover the steps to certification on our website: [www.activeparenting.com/certification](http://www.activeparenting.com/certification)

# Online LEADER TRAINING WORKSHOPS




## Self-study courses to improve your facilitation skills

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 11-30 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).

### 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!

### 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 registration you will get 24/7 access to your class for 60 days, access to the Discussion Forum, and clock hours from NBCC. With Part #2 you will also get a copy of the Leader's Guide and Parent's Guide (digital or print), plus 15% off the cost of the program kit.

### For more information...

Go to our website for complete details: [www.ActiveParenting.com/OLTW](http://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

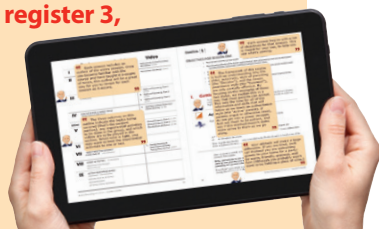
### Active Parenting: First Five Years Leader Training

**NEW!**

An online self-study course (14 clock hours). Includes "How to Lead a Great Parenting Group."

**3802OLTW**..... \$189.00

**Special offer: register 3, get 1 free!**



# LEADER TRAINING WEBINARS



**LEADER:** Skilled facilitator who guides a group of parents through an Active Parenting program.

## Live leader training from the comfort of your own computer

Active Parenting’s Leader Training Workshops are available as convenient webinars, 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.

### 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 U.S. Central Time and last 7 hours. There will be breaks throughout the day.

Call to schedule a custom webinar.

### Here’s what you get:

- Free Parent’s Guide and Training Guide
- 15% off the standard program kit
- Up to 7 hours of live instruction online
- **Up to 7 clock hours from NBCC**
- Certification packet
- Certificate of attendance

### For more information...

Go to our website for complete details:  
[www.ActiveParenting.com/WLTW](http://www.ActiveParenting.com/WLTW)

### Pricing Information

**Webinar or workshop . . . \$179.00**  
 Must register 1 week before webinar date.

**Special Offer: register 3, get 4th free!**

• 800-825-0060 x 120 •

## Fall 2019 Dates

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.*

### LIVE WEBINARS

#### Active Parenting 4th Edition (p. 10)

- Live Webinar . . . . . August 13, 2019
- Live Webinar . . . . . September 24, 2019
- Live Webinar . . . . . November 5, 2019
- Live Webinar . . . . . December 10, 2019

#### Active Parenting: First Five Years (p. 6)

- Live Webinar . . . . . September 10, 2019
- Live Webinar . . . . . October 22, 2019
- Live Webinar . . . . . December 3, 2019

#### Active Parenting of Teens (p. 14)

- Live Webinar . . . . . August 27, 2019
- Live Webinar . . . . . October 8, 2019

#### Families in Action (p. 14)

- Live Webinar . . . . . October 1, 2019
- Live Webinar . . . . . November 19, 2019

#### Cooperative Parenting and Divorce (p. 16)

- Live Webinar . . . . . October 29, 2019

### FACE-TO-FACE WORKSHOPS

#### Active Parenting/Teens Combo (p. 10-16)

- Stockbridge, GA . . . . . TBA

**Affordable gifts for class participants**

These fun products can be used as door prizes, end-of-class gifts, and more. See our website for more Fun Stuff!



**50 Ways to Say "I Love You"**

Exclusive to Active Parenting. Offer these lovely keepers to parents in your classes to help them remember the power of encouraging words.

- 7169** Bookmarks (pkg/5) ..... **\$6.00**
- 7171** Mini-poster (pkg/10) ..... **\$10.00**



**Freedom within Limits decals**

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.**
- 15 or more ..... **\$1.00 ea.**

**Active Parenting Logo Mug**

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**

**Doc Pop's 52 Weeks of Active Parenting**

by Michael "Doc Pop" Popkin  
This cheery book from our own Dr. Popkin makes it easy and fun to put Active Parenting ideas to work in your family's daily life. Each week readers are given a key Active Parenting concept and a suggestion on how to try that concept during the upcoming week. Hardcover. 112 pp.



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

**ORDERING INFORMATION**

**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.

**Duplicate catalogs?** Please send the current address labels and let us know which one you prefer. If you call or email, provide all details from your mailing label.

**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](http://www.activeparenting.com/Guarantee).

**Terms:** All prices U.S. dollars. Prices subject to change without notice. Prepayment required unless net 30 payment terms have been previously established. Payment by wire transfer will be charged a \$35 processing fee.

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*provide code from back cover for a free gift!*



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*(make checks payable to Active Parenting Publishers)*

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Cover all the ages & stages with our award-winning line of video-based parenting education programs. Written by parenting expert Dr. Michael Popkin, the Active Parenting suite of programs provides three evidence-based curriculums used by thousands of educators worldwide. Available in English and Spanish.



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