From Meltdowns to Marvelous: Positive Preschool Parenting

A child's preschool years are among the sweetest of any times we can experience as caregivers. MCF is excited to present contemporary, results-based strategies to help calm the chaos in your home. **Take this opportunity learn new ways to communicate with your children!** In eight one-hour sessions, we will discuss the joys and challenges of parenting the young child. We will take time to share what is working for our families, ways to access community resources for, and time to connect with other parents of preschoolers who understand what you're going through!

**We will learn:**
- Methods of respectful discipline
- Skills for clear, honest communication
- Concrete strategies to provide structure and consistency
- Ways to encourage and praise your children
- Reasons for self-care strategies
- Early indicators for challenging behaviors and the importance of mental wellness in young children
- Resources for a variety of needs your youngster may have

**Dates:**
- TUESDAYS & THURSDAYS
- October 27 & 29
- November 3 & 5
- November 10 & 12
- November 17 & 19

**Time:**
- 2:00 PM to 3:00 PM

**Where:**
- Zoom Conferencing
  - For your safety, an access code will be provided to you when you RSVP to be a part of the class.

**Cost:**
- FREE! Includes a workbook and a hardcover book for your child. A $25 Walmart Gift Card will be awarded to each participant upon completion of this 8-session workshop!

**For additional information, contact:**
- Rachel Stoyanov at rstoyanov@mdcoalition.org or 443-766-0420

Course material is resourced by Active Parenting Publishers.

**Space is limited to the first 25 registrants. Workbooks and materials will be mailed. DON'T DELAY! RSVP TODAY!**

Maryland Coalition of Families | 410-730-8267 | mdcoalition.org