Looking for ways to add to your parenting toolbox?

When you use positive parenting skills and strategies, everyone benefits.

ACT RAISING SAFE KIDS

If you care for a child between the ages of birth to eight years, join us for the ACT Raising Safe Kids series.

You'll learn to help your child:

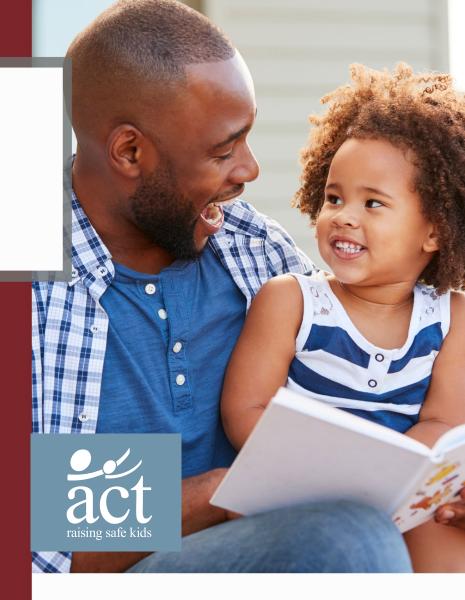
- Develop a sense of confidence
- Learn problem solving skills
- Manage screen time
- Deal with difficult emotions
- Understand that actions have consequences
- Resolve conflicts

2-hour sessions are held once per week for nine weeks.

Approved for foster care training credit.

This is not an Urbandale Community School District publication. The District neither endorses nor sponsors this organization or activity represented in this material. It is being distributed through the school district as a courtesy to inform families of community activities and events."

IOWA STATE UNIVERSITY Extension and Outreach





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