## 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:

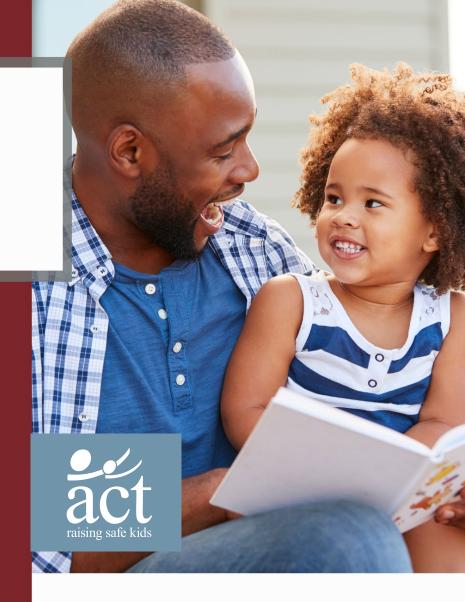
- Develop a sense of confidence
- Learn problem solving skills
- Manage screen time
- Deal with difficult emotions
- Understand that actions have consequences
- Resolve conflicts

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

Approved for foster care training credit.

"This is not an Ames Community School District publication, nor is it in any way endorsed or sponsored by the District. This publication is being provided only to inform you of other community activities and opportunities."

IOWA STATE UNIVERSITY Extension and Outreach





The fees for service will be used to offset direct expenses and to support the Human Sciences County Extension Program. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to <a href="https://www.extension.iastate.edu/diversity/ext">www.extension.iastate.edu/diversity/ext</a>. HS 139 April 2021