

# FREE Parenting Workshops

Supportive, small group programs to connect with other parents about raising young children. You can attend **any** or **all** classes below for **free**.

## Managing Fighting and Aggression

Learn strategies for teaching kids to solve problems and get along with others.

Tuesday, September 5, 6 to 8 p.m. | Wednesday, September 6, 10 a.m. to noon

## Dealing with Disobedience

Get tips on getting kids to listen and follow directions – and what to do when they don't.

Monday, September 11, 6 to 8 p.m. | Thursday, September 14, noon to 2 p.m.

## Hassle-Free Outings

Learn how to plan for easy, calm trips and how to address misbehavior while in public.

Tuesday, September 12, 6 to 8 p.m. | Wednesday, September 13, noon to 2 p.m.

## Hassle-Free Mealtimes

Get ideas on how to address picky eating and other mealtime struggles.

Wednesday, September 20, noon to 2 p.m. | Thursday, September 21, 6 to 8 p.m.

## Developing Good Bedtime Routines

Get advice on getting your kids to go to bed – and staying there.

Tuesday, September 26, noon to 2 p.m. | Wednesday, September 27, 6 to 8 p.m.

All workshops on Zoom – Open to families in  
Crawford, Fayette, Franklin and Richland Counties

Can't make any of the above dates? Call or email us – we also provide one-to-one parenting support online or over the phone covering the topics above and more!

For more information or to register, call **(614) 355-8099** or email **[TripleP@NationwideChildrens.org](mailto:TripleP@NationwideChildrens.org)**

**Bedtime routines.  
Managing anger.  
Get tips on these  
topics and more!**





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# Parents, Stay Positive!

## FREE, Five-Week Course

For parents and caregivers (grandparents, other relatives, guardians, etc.) of children from birth through age 8.  
Learn how to get more of the behavior you like from your children and less of what you don't.

**Live on Zoom | Tuesdays | 6 to 8 p.m.**

**September 19, September 26, October 3, October 10 and October 17**

### Classes will cover:

- The power of positive parenting techniques
- What causes kids' behaviors
- Setting goals for change
- Tips on how to reconnect with your child and build your positive relationship
- Giving directions kids are likely to follow
- Recognizing progress and planning for the future

Each participant will also have three one-on-one phone/in-person sessions with the group leaders to make the information *really* work for their families.

Open to families in Crawford, Fayette, Franklin and Richland counties

**To sign up, call (614) 355-8099 or email [TripleP@NationwideChildrens.org](mailto:TripleP@NationwideChildrens.org)**



**Department of  
Job & Family  
Services**

Ohio Children's Trust Fund

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## Hassle-Free Outings

Learn how to plan for easy, calm trips and how to address misbehavior while in public.

**Monday, October 2, 6 to 8 p.m. | Tuesday, October 3, noon to 2 p.m.**

## Dealing with Disobedience

Get tips on how to get kids to listen and follow directions – and what to do when they don't.

**Wednesday, October 11, noon to 2 p.m. | Thursday, October 12, 6 to 8 p.m.**

## Hassle-Free Mealtimes

Get ideas on how to address picky eating and other mealtime struggles.

**Friday, October 13, noon to 2 p.m. | Monday, October 16, 6 to 8 p.m.**

## Developing Good Bedtime Routines

Get advice on getting your kid to go to bed – and staying there.

**Wednesday, October 18, 11 a.m. to 1 p.m. | Thursday, October 19, 6 to 8 p.m.**

## Managing Fighting and Aggression

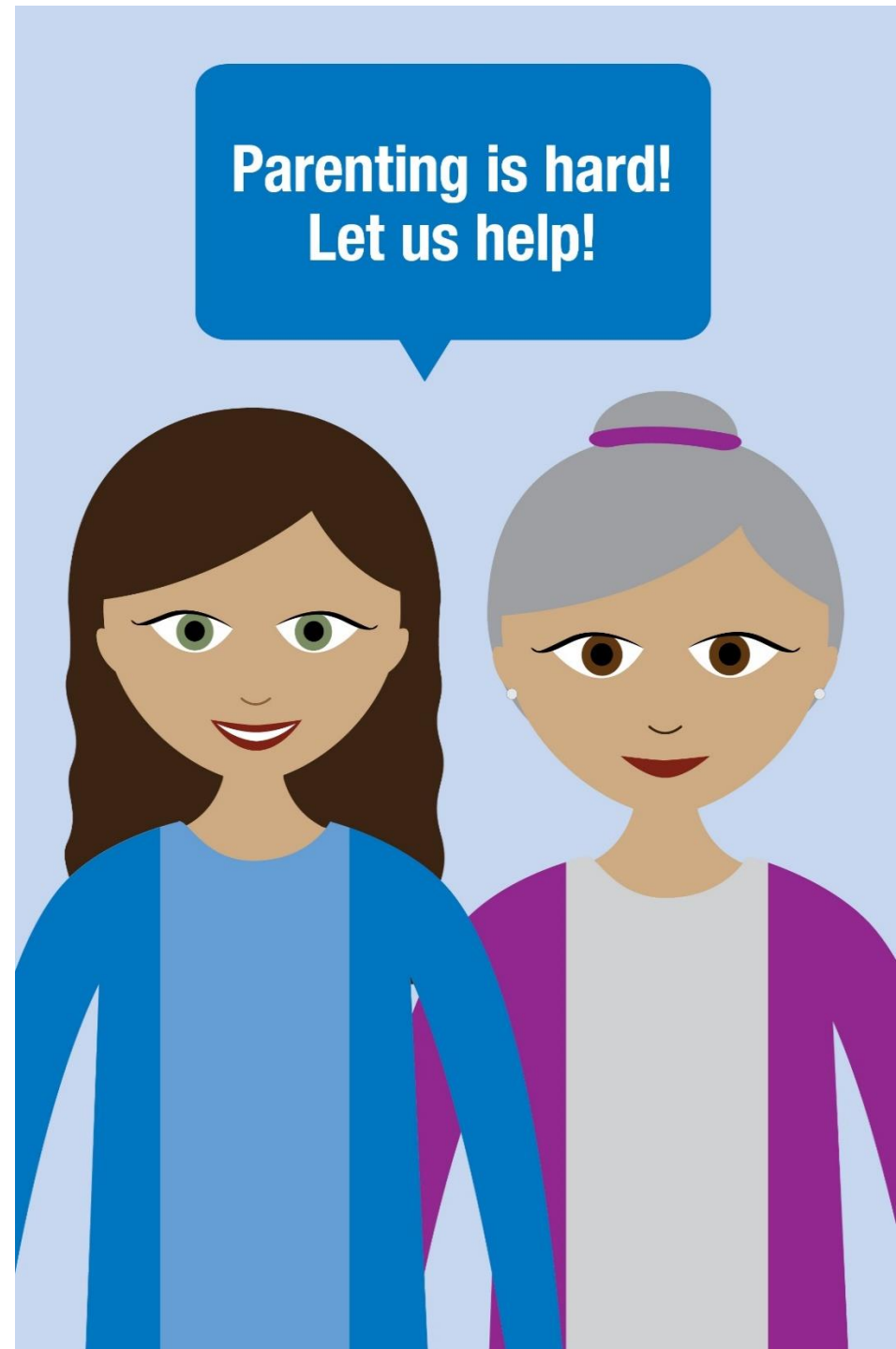
Learn strategies for teaching kids to solve problems and get along with others.

**Wednesday, October 25, 10 a.m. to noon | Thursday, October 26, 6 to 8 p.m.**

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Crawford, Fayette, Franklin and Richland counties.**

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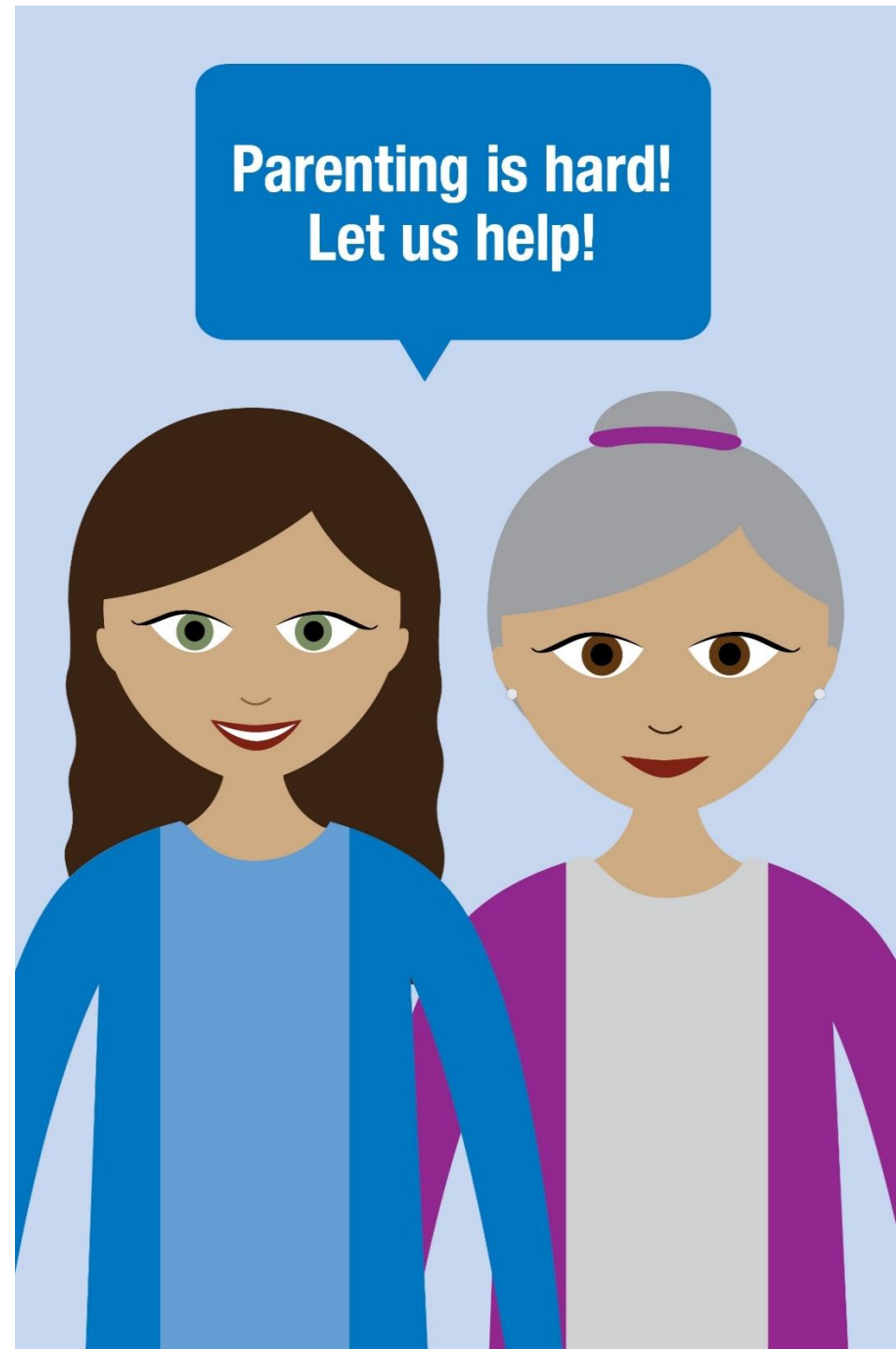
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# Free Parenting Support

**Services available to caregivers of children ages 12 and under.**

- Live discussion groups in person or online covering topics including:
  - Dealing with Disobedience
  - Managing Fighting and Aggression
  - Hassle-Free Outings
  - Developing Good Bedtime Routines
- Brief, individual parenting sessions online or by phone on a variety of topics including:
  - Tantrums
  - Mealtimes
  - Managing Caregiver Stress
- Five- to eight-week workshop in person or online covering a wide range of positive parenting strategies to help parents feel more confident in managing their child's behavior.

**For more information contact the provider in your county.**

COUNTY	CONTACT INFORMATION
Crawford, Fayette, Franklin and Richland	Nationwide Children's Hospital (614) 355-8099, TripleP@NationwideChildrens.org
Delaware and Morrow	Prevention Awareness Support Services Liz Wintringham: (740) 513-4211, ext. 301, lwintringham@passaah.org
Fairfield	Family, Adult & Children First Brandy Heeter: (740) 681-5540, Brandy.heeter@fairfieldcountyohio.gov
Knox	Parent Support Initiative of Knox County (740) 324-5789, psiknox@gmail.com
Licking	Mental Health America of Licking County Kitty Roahrig: (740) 919-6905, kroahrig@mhalc.org
Marion and Union	Action for Children Melinda Moreno: (614) 585-9725, triplep@actionforchildren.org
Madison	Madison Prevention Karen Wells: (740) 852-6342, preventionmadison@gmail.com



*When your child needs a hospital, everything matters.*



**Ohio Children's Trust Fund**  
*Ohio's Prevent Child Abuse America Chapter*

TRIPLE P ONLINE

# Help your child to manage challenges

**FREE IN  
OHIO**

## Support your child's emotional wellbeing, and yours too

We all face challenges sometimes. But there are positive ways to handle them! Positive parenting skills and strategies make a big difference to your child's development and wellbeing. And that can have a far-reaching impact on their life, and yours.

## Why Triple P works

The Triple P – Positive Parenting Program is one of the world's best. Backed by more than 330 trials and studies, Triple P gives you proven parenting strategies that will help you develop your child's talents and life-skills—so they can be happy, confident, and successful. In the meantime, your home life will be happier, with rules followed, relationships stronger, and parents who are much less stressed.

## Now, there's Triple P Online, so you can set your own parenting goals, learning step-by-step whenever you like. It'll help you:

- Build a stronger bond with your child
- Support your child's life skills
- Encourage positive behavior and cooperation
- Use consistent strategies to manage bedtime and screen time battles
- Respond to problem behavior effectively, without yelling
- Take care of yourself and enjoy being a parent

## START TODAY – IT'S COMPLETELY FREE!!

Right now, this world-class program is available FREE in Ohio, and you can do it all online!

Register now: [triplep-parenting.com/ohio](https://triplep-parenting.com/ohio)

Free access to Triple P Online for Ohio parents has been funded by the Ohio Children's Trust Fund, and Department of Job and Family Services.



Department of  
Job and Family Services



Ohio Children's Trust Fund  
*Ohio's Prevent Child Abuse America Chapter*





TEEN TRIPLE P ONLINE

# Help your teenager to manage challenges

**FREE IN  
OHIO**

## Support your teenager's emotional wellbeing, and yours too

We all face challenges sometimes. But there are positive ways to handle them! Positive parenting skills and strategies make a big difference to your teenager's development and wellbeing. And that can have a far-reaching impact on their life, and yours.

## Why Triple P works

The Triple P – Positive Parenting Program can help you be a happier, less stressed parent, even during difficult times. It gives you ways to navigate family life more easily. Backed by hundreds of trials and studies, it's like the instruction manual your teenager didn't come with! It'll help you encourage them to develop the kind of social, emotional and academic skills they need to succeed in life. That includes coping with, and bouncing back from, stress and uncertainty.

**Now, there's Teen Triple P Online, so you can set your own parenting goals, learning step-by-step whenever you like. It'll help you:**

- Communicate better
- Build a stronger bond with your teenager
- Agree on rules
- Deal calmly with conflict
- Navigate emotional ups and downs
- Equip your teen to handle life's challenges

## START TODAY – IT'S COMPLETELY FREE!!

Right now, this world-class program is available FREE in Ohio, and you can do it all online!

Register now: [triplep-parenting.com/ohio](https://triplep-parenting.com/ohio)

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Department of  
Job and Family Services



Ohio Children's Trust Fund  
*Ohio's Prevent Child Abuse America Chapter*





**¡Ser padre o madre es  
difícil!**

**¡Permítanos ayudarlo!**

## **¡Apoyo GRATUITO para padres!**

**Los servicios están disponibles para los cuidadores de niños menores de 12 años que viven en los condados de Crawford, Franklin, Fayette, y Richland.**

- Grupos de discusión en vivo en persona o en línea que cubren temas que incluyen:
  - Manejando la desobediencia
  - Manejando las peleas y la agresión
  - Ir a comprar sin problemas
  - Buenas rutinas a la hora de ir a dormir
- Sesiones breves e individuales de crianza en línea o por teléfono sobre una variedad de temas que incluyen:
  - Rabietas o berrinches
  - Horarios de las comidas
  - Manejar el estrés del cuidador
  - Tarea
  - Autoestima
- Taller de 5 a 8 semanas en persona o en línea que cubre una amplia gama de temas de crianza que incluyen:
  - El poder de las técnicas de crianza positiva
  - ¿Qué causa el comportamiento de los niños?
  - Construir una relación positiva con su hijo
  - Enseñar a su hijo nuevas habilidades
  - Guiar el comportamiento de su hijo
  - Planificación para el futuro

**Confirmar asistencia a Megan Derby escribiendo a**

**[megan.derby@nationwidechildrens.org](mailto:megan.derby@nationwidechildrens.org) o llame al (614) 809-2009**

Servicios prestados en español por personal bilingüe



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.™*



**Department of  
Job & Family  
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