

INTRODUCING COCO!

our newly revised program:
Cooperative Coparenting through Separation or Divorce
order now to *Save \$ 100 see page 3 for details



RESOURCE GUIDE 2022-2023

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Active

Parenting[™]

PUBLISHERS

Every stage. Every step.

Hope, Forward Movement, and Resilience



When we selected the cover photo for this catalog we wanted one that emphasized the central theme of our newest program, *Cooperative Coparenting through Separation or Divorce* (CoCo). That theme is to help parents focus on the needs of their child through this traumatic life event instead of their own hostility towards the child's other parent. We also wanted a picture that speaks to all parents challenged with balancing their children's needs and their own. We thought that this one did both with a spirit of hope, forward movement, and resilience.

All Active Parenting programs teach the hows and whys of building cooperative relationships for the sake of our children, ourselves, and our world. We teach problem solving skills as well as discipline skills, encouragement as well as respectful confrontation, and how to instill the traits of character that underlie the best of human behavior: courage, responsibility, mutual respect, empathy, and more.

We are excited to introduce CoCo into the Active Parenting family. This long-awaited revision of the best-selling *Cooperative Parenting and Divorce* program contains everything that made the first edition so successful, plus much we learned from the feedback of many of the hundreds of thousands of parents and leaders who put it into action for two decades.

As always, thank you for the work you do for parents and children. It matters more than you will ever know.

Michael H. Popkin, PH.D.
Founder and President

Evidence of Effectiveness News!

Active Parenting 4th Ed., *Active Parenting of Teens*, and *Active Parenting of Teens: Families in Action* are already listed on the highly regarded California Evidence Based Clearinghouse (CEBC) website. Now CEBC has included a link for *Active Parenting: First Five Years* while we wait for a full review. This is great news for all leaders needing evidence of effectiveness for their funding sources. Scan this QR Code to see our Evidence of Effectiveness



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 since 1983.

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



NEWLY REVISED!

See pp. 20-21 for more info!

Our exceptional coparenting program has been revised! Special \$100 savings available for a limited time!

Don't miss this exclusive introductory offer. This program is a dazzling addition to our parenting education family. *Cooperative Coparenting* (CoCo) is a powerful curriculum for families experiencing separation or divorce. Our program includes the most effective practices for parents to guide their children through the often-traumatic transitions that can follow a separation or divorce. This dynamic and engaging program will help you provide the support families need to establish long-term, positive coparent relationships while keeping children's needs at the forefront.

Is this the program for me?

- Engaging new videos and presentations
- Ideal for court-ordered divorce seminars
- Diverse topics that include financial literacy
- Easy to teach and easy to learn

*Get your hands on this incredible **\$100 SAVINGS** when you order using the promo code: **CAT23A001**. This savings is limited and will expire on December 31, 2022.

Already own a Cooperative Parenting and Divorce Kit?

Call now to learn about special discounts and details about our game-changing upgrades!

***SAVE \$100!**



Call to schedule a custom training!



NEW Convenient Tote Bags!

We're going greener – we'll be transitioning from our vinyl kit cases to greener, more convenient zippered tote bags.



Follow Us On Social Media

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. Prices subject to change.

HOW TO ORDER

Online: www.ActiveParenting.com

Email: 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
- ☒ Virtual Classroom Package
- ☒ 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
- ☒ Virtual Classroom Package
- ☒ Online Video Library
- ☒ Online Parenting Class

Also available in Spanish and Christian (p. 23)

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.

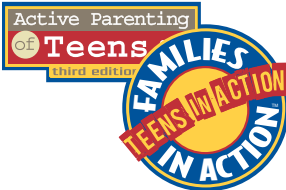
Pages 14-17

FORMATS

- ☒ Program Kit
- ☒ Video Library
- ☒ Virtual Classroom Package
- ☒ 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
- ☐ Virtual Classroom Package
- ☐ 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 23

FORMATS

- ☒ Program Kit
- ☒ Video Library
- ☒ Virtual Classroom Package
- ☒ 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
- ☒ Virtual Classroom Package
- ☒ Online Video Library

FOR KIDS: AGES 11-16



This newly revised program helps separating parents shield their children from parental conflict while establishing a positive and cooperative relationship as coparents. Teaches skills needed to manage anger, increase impulse control, resolve conflict, and communicate effectively.

Page 20-21

NEW PROGRAM!

FORMATS

- ☒ Program Kit
- ☐ Video Library
- ☒ Virtual Classroom Package
- ☐ Online Video Library

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
- ☒ Virtual Classroom Package
- ☒ 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 22

FORMATS

- ☒ Program Kit
- ☒ Video Library
- ☒ Virtual Classroom Package
- ☒ Online Video Library

Available as a 3- or 6-session program

STEPFAMILIES



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

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

Session III

Encouraging Positive Behavior

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

C

Session IV

Preparing for School Success

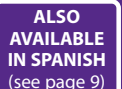
- 7 smart things parents can do to help young children get ready for school



OPTIONAL
POWERPOINT
WITH VIDEO



SAMPLE VIDEO
ON WEBSITE



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, in-person parenting class, a video series, a virtual classroom, and self-study. See our website for complete details, including sample pages and video: 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 NEW! VIRTUAL CLASSROOM PACKAGE


This format is designed to allow you to teach the full *First Five Years* program—just like in a live setting—only online via a streaming platform (ex. Zoom, WebEx, GoToMeeting, Microsoft Teams).

The program videos, available through our Online Video Library, along with Virtual Teaching Rights, a Leader’s Guide, Parent Guides and other materials, provide everything you need to offer parenting classes online.

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

Best Value!

Jump-Start Package

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

1688P Video on PowerPoint **\$699.00****1688** Video on DVD **\$699.00****Standard Program Kit**

Contains 63 minutes of video on 1 PowerPoint with embedded video **or** 1 DVD + nonvideo PowerPoint, 1 Leader's Guide, 1 Parent's Guide, 1 sample Parent Certificate, 2 Course Announcement Posters, 1 Key Points Magnet, Research Measurement Tools (download)

1681 Video on PowerPoint **\$499.00****1680** Video on DVDs **\$499.00****1683 Parent's Guides**

Quantity discounts:

1-24 \$16.95 ea.

25-99 \$15.95 ea.

100+ \$14.95 ea.

Parent Certificates**1684E** Download \$24.95**Key Points Magnets (pkg/5)****7157** \$7.50**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.



FORMAT

2

Video Library**1691** Video #1 \$95.95**1692** Video #2 \$95.95**1693** Video #3 \$95.95**1694** Video #4 \$95.95**1690 Set of 4 DVDs** **\$379.00****Online Video Library****1690LC** Annual subscription \$249.00

FORMAT

3

Virtual Classroom Package **NEW!**

Includes *1 year subscription to Online Video Library, *1 year virtual teaching rights, 1 Leader's Guide, 10 Parent Guides, PowerPoint Presentation (downloadable). See our website for Terms and Conditions.

*Annual Renewal Option \$99, with the purchase of 10 or more parent guides.

Already own the program? Call 800-825-0060 x 2 to add Virtual Teaching Option (\$99 with the purchase of 10 or more Parent Guides)

168VC **\$549.00**

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 \$189.00

Leader Training self-study \$189.00

Training of Trainers \$749.00

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™

by Michael H. Popkin, Ph.D.

Contributing authors: Amanda Sheffield Morris, PhD, IMH-E®;
Ruth Slocum, LCSW, IMH-E®; 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.

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.



OPTIONAL
POWERPOINT
WITH VIDEO



SAMPLE VIDEO
ON WEBSITE



EVIDENCE
-BASED



AAP
Revere Awards
FINALIST

PRICE GUIDE

FORMAT

1

Parenting Program Kit

Jump-Start Package

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

2238P Video on PowerPoint \$699.00

2238D Video on DVD \$699.00

Standard Program Kit

Contains 64 minutes of video on 1 PowerPoint with embedded video or 1 DVD + nonvideo PowerPoint, 1 Leader's Guide, 1 Parent's Guide, 1 sample Parent Certificate, 2 Course Announcement Posters, 1 Key Points Magnet, Research Measurement Tools (download)

2231 Video on PowerPoint \$499.00

2230 Video on DVDs \$499.00

Parent Certificates

2234E Download \$24.95

Best
Value!

2233 Parent's Guides

Quantity discounts:

1-24..... \$16.95 ea.

25-99 \$15.95 ea.

100+ \$14.95 ea.

Key Points Magnets (pkg/5)

7158 \$7.50

FORMAT

2

Video Library

2240 Set of 4 DVDs.....\$379.00

Videos are also sold separately for \$95.95 each; see our website.

Online Video Library

2240LC Annual subscription \$249.00

FORMAT

3

Virtual Classroom Package

NEW!

Includes *1 year subscription to Online Video Library, *1 year virtual teaching rights, 1 Leader's Guide, 10 Parent Guides, PowerPoint Presentation (downloadable)

*Annual Renewal Option \$99, with the purchase of 10 or more parent guides

223VC.....\$549.00

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.

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/AP4

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



SAMPLE VIDEO
ON WEBSITE



EVIDENCE-
BASED



AAP
Revere Awards
FINALIST



CC
KIT DVD



ALSO
AVAILABLE
IN SPANISH
(see page 13)

4 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

FORMAT
1

PARENTING PROGRAM KIT



This “teach out of the box” program kit provides tools for a parenting course for caregivers of children ages 5-12. The program is flexible and your classes can be taught in 1, 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.

OPTIONAL
POWERPOINT
WITH VIDEO

FORMAT
2

VIDEO LIBRARY

The *Active Parenting 4th Ed.* Video Library, available on DVD or online, contains all the same great video scenes from the program kit. Each video is 14-24 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

NEW!

VIRTUAL CLASSROOM



This format is designed to allow you to teach the full *Active Parenting 4th Ed.* program—just like in a live setting—only online via a streaming platform (ex. Zoom, WebEx, GoToMeeting, Microsoft Teams).

The program videos, available through our Online Video Library, along with Virtual Teaching Rights, a Leader’s Guide, Parent Guides and other materials, provide everything you need to offer parenting classes online.

FORMAT
4

ONLINE PARENTING CLASS

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
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's Workbooks, 1 Reproducible Parent Completion Certificate (download), 15 Key Points Magnets, and 6-month subscription to the AP4 Online Video Library

1969P Video on PowerPoint\$899.00

1969 Video on DVDs \$899.00

Standard Program Kit

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

1961 Video on PowerPoint\$599.00

1960 Video on DVDs \$599.00

1965 Parent's Guide/Workbook Combo

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

1-24.....\$22.95 ea.

25-99\$21.95 ea.

100+.....\$20.95 ea.

Parent Certificate

1966E Download \$24.95

Key Points Magnets (pkg/5)

7148.....\$7.50

Best Value!
FORMAT

2 Video Library

1971 Video #1..... \$95.95

1972 Video #2..... \$95.95

1973 Video #3..... \$95.95

1974 Video #4..... \$95.95

1975 Video #3..... \$95.95

1976 Video #4..... \$95.95

1970 Set of 6 DVDs\$499.00

Online Video Library

1970LC Annual subscription..... \$298.00

FORMAT

3 Virtual Classroom Package **NEW!**

Includes *1 year subscription to Online Video Library, *1 year virtual teaching rights, 1 Leader's Guide, 10 Parent Guides, PowerPoint Presentation (downloadable). See our website for Terms and Conditions.

*Annual Renewal Option \$99, with the purchase of 10 or more parent guides.

Already own the program? Call 800-825-0060 x 2 to add Virtual Teaching Option (\$99 with the purchase of 10 or more Parent Guides)

196VC.....\$649.00

FORMAT

4 Online Parenting Class

360AP4..... \$79.95

Facilitator Training

See pages 26-29 for details and dates.

Leader Training webinar \$189.00

Leader Training self-study..... \$189.00

Training of Trainers \$749.00



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



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.

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, 1 Reproducible Certificate of Completion (download), 15 Key Points Magnets, and 6-month subscription to the Paternidad Activa Online Video Library

- 2229P Video on PowerPoint \$899.00
- 2229 Video on DVDs \$899.00

Standard Program Kit

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

- 2221 Video on PowerPoint \$599.00
- 2220 Video on DVDs \$599.00

Parent Certificates

- 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 \$22.95 ea.
- 25-99 \$21.95 ea.
- 100+ \$20.95 ea.

2 Video Library

- 1290 Set of 6 DVDs \$499.00

Videos are also sold separately for \$95.95 each; see our website.

Online Video Library

- 1290LC Annual subscription \$298.00

3 Virtual Classroom Package **NEW!**

Includes *1 year subscription to Online Video Library, *1 year virtual teaching rights, 1 Leader’s Guide, 10 Parent Guides, PowerPoint Presentation (downloadable)

*Annual Renewal Option \$99, with the purchase of 10 or more parent guides.

- 222VC \$649.00



by Michael H. Popkin, Ph.D.

AGES 12-18

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

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

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

Session III

Responsibility and Discipline

- Logical consequences and more
- Problem-solving with FLAC

A

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



OPTIONAL
POWERPOINT
WITH VIDEO



SAMPLE VIDEO
ON WEBSITE



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

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

NEW!

VIRTUAL CLASSROOM



This format is designed to allow you to teach the full *Active Parenting of Teens* program—just like in a live setting—only online via a streaming platform (ex. Zoom, WebEx, GoToMeeting, Microsoft Teams).

The program videos, available through our Online Video Library, along with Virtual Teaching Rights, a Leader’s Guide, Parent Guides and other materials, provide everything you need to offer parenting classes online.

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, 1 Reproducible Certificate of Completion (download), and 6-month subscription to the Teens Online Video Library

4509P Video on PowerPoint **\$699.00**

4509D Video on DVD **\$699.00**

Standard Program Kit

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

4500P Video on PowerPoint **\$499.00**

4500D Video on DVDs **\$499.00**

4503 Parent's Guides

Quantity discounts:

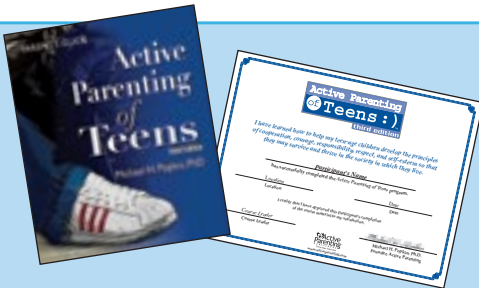
1-24..... \$16.95 ea.

25-99 \$15.95 ea.

100+ \$14.95 ea.

Parent Certificates

4504E Download \$24.95



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.



Best Value!

FORMAT

2

Video Library

4520D Set of 6 DVDs.....\$429.00

Videos are also sold separately for \$85.95 each; see our website.

Online Video Library

4520LC Annual subscription. \$298.00

FORMAT

3

Virtual Classroom Package **NEW!**

Includes *1 year subscription to Online Video Library, *1 year virtual teaching rights, 1 Leader's Guide, 10 Parent Guides, PowerPoint Presentation (downloadable). See our website for Terms and Conditions.

*Annual Renewal Option \$99, with the purchase of 10 or more parent guides.

Already own the program? Call 800-825-0060 x 2 to add Virtual Teaching Option (\$99 with the purchase of 10 or more Parent Guides).

450VC.....\$549.00

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 \$189.00

Training of Trainers \$749.00

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 Anson

Teen Court Administrator
15th Judicial District, Louisiana



by Michael H. Popkin, Ph.D.

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 Virtual Classroom Package. For complete details about this program, including a session outline, go to www.activeparenting.com/PADAT.



OPTIONAL
POWERPOINT
WITH VIDEO



SAMPLE VIDEO
ON WEBSITE



EVIDENCE
-BASED



Check our webpage for details,
including sample video scenes:
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

Jump-Start Package

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

4516P Video on PowerPoint \$699.00

4516D Video on DVDs \$699.00

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 Parent's Guide, 1 sample Parent Certificate, 2 Course Announcement Posters, Research Measurement Tools (download)

4510P Video on PowerPoint \$499.00

4510D Video on DVDs \$499.00

Parent Certificates

4514E Download \$24.95

Best Value!

4513 Parent's Guides

Quantity discounts:

1-24..... \$16.95 ea.

25-99 \$15.95 ea.

100+ \$14.95 ea.

FORMAT

2

Video Library

1280D Set of 6 DVDs..... \$429.00

Videos are also sold separately for \$85.95 each; see our website.

Online Video Library

1280LC Annual subscription \$298.00

FORMAT

3

Virtual Classroom Package **NEW!**

Includes *1 year subscription to Online Video Library, *1 year virtual teaching rights, 1 Leader's Guide, 10 Parent Guides, PowerPoint Presentation (downloadable).

*Annual Renewal Option \$99, with the purchase of 10 or more parent guides.

451VC..... \$549.00



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



PRICE GUIDE

FORMAT

1

Program Kit

Jump-Start Package

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

1749P Video on PowerPoint\$539.00

1749 Video on DVD\$539.00

Standard Program Kit

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

1740P Video on PowerPoint\$349.00

1740 Video on DVD\$349.00

FORMAT

2

Video Library

1790 Set of 6 DVDs\$329.00

Videos are sold separately for \$79.95 each.

Online Video Library

1790LC Annual subscription..... \$298.00

Teen Certificates

1744E Download \$24.95

Best Value!



Check our webpage for details,
including sample video scenes:
www.activeparenting.com/TIA

understand changes in their bodies and brains, communicate in a mature way, develop skills to resist negative peer pressure, and learn techniques for peaceful conflict resolution. See our website for more details.



1743 Teen's Guides

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

1-24.....\$15.95 ea.
25-99\$14.95 ea.
100+\$13.95 ea.

FORMAT

3

Virtual Classroom Package **NEW!**

Includes *1 year subscription to Online Video Library, *1 year virtual teaching rights, 1 Leader's Guide, 10 Parent Guides, PowerPoint Presentation (downloadable). See our website for Terms and Conditions.

*Annual Renewal Option \$99, with the purchase of 10 or more parent guides.

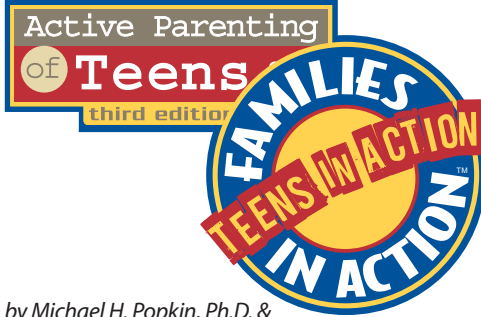
Already own the program? Call 800-825-0060 x 2 to add Virtual Teaching Option (\$99 with the purchase of 10 or more Parent Guides).

174VC.....\$499.00

Facilitator Training (optional)

See pages 26-29 for details and dates.

Leader Training webinar \$189.00



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

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.



Check our webpage for details,
including sample video scenes:
www.activeparenting.com/FIA

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

FORMAT

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, 1 Reproducible Certificate of Completion (download) of each program

1739P Video on PowerPoint **\$948.00**

1739 Video on DVDs **\$948.00**

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, Downloadable Parent Handout, 1 Parent Leader's Guide, 1 Parent+Teen & Teen Leader's Guide, 1 sample Certificate

1730P Video on PowerPoint **\$599.00**

1730 Video on DVDs **\$599.00**

Facilitator Training (optional)

See pages 26-29 for details and dates.

Leader Training webinar \$189.00

Best Value!

1743 Teen's Guides

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

1-24.....	\$15.95 ea.
25-99	\$14.95 ea.
100+	\$13.95 ea.

4503 Parent's Guides

Quantity discounts:

1-24.....	\$16.95 ea.
25-99	\$15.95 ea.
100+	\$14.95 ea.

Parent Certificates

4504E Download \$24.95

Teen Certificates

1744E Download \$24.95

Parent+Teen Certificates

1734E Download \$24.95

See our website for a complete price list.



NEWLY REVISED!

COOPERATIVE COPARENTING through Separation or Divorce™

by Susan Boyan, LMFT, and
Ann Marie Termini, LPC

Shield kids from parental conflict

Cooperative Coparenting through Separation or Divorce (CoCo) helps parents guide their children through the process of recovery from separation or divorce while establishing a positive, long-term relationship with the child's other parent. This long-awaited revision includes all of the key concepts of the original classic, new topics such as handling financial issues, and all new videos embedded in an engaging PowerPoint presentation, organized in a way that makes it easy to teach—and to learn!



Check our website for details,
including sample video scenes:
www.activeparenting.com/CPD.



Ideal for court-ordered divorce seminars

Over a stimulating eight sessions of 2-2½ hours each, this course educates parents about the impact of conflict on their child and the issues children face with separation or divorce. It also teaches parents the practical skills they need to manage anger, increase impulse control, resolve conflict, navigate peaceful negotiations, and communicate effectively with their coparent.



"This is one of the most rewarding programs that I teach. It is a phenomenal privilege to work with parents experiencing great depths of pain and watch them evolve into empathetic individuals who elevate their children's well-being above any disagreements they may have. Parents leave the sessions feeling supported, heard, but most importantly... validated!"

~ Pamela Ingram Wood

Life Coach/Parenting Specialist/Family Mediator



"This classic guide to successful coparenting is full of nuts-and-bolts ways to create a positive coparenting relationship for the benefit of the children. It is comprehensive and invaluable, for both parents and practitioners."

~ Siri Gottlieb, JD, LMSW, Ann Arbor, MI

"...using the CoCo guide helped me tremendously. I learned how to see my role as a parent and how to pause to step back and adjust, not only my behaviors, but my reactions for the best outcome for my children."

~ Chris, Coparent, Atlanta, GA

PRICE GUIDE

FORMAT

1 Parenting Program Kit

Jump-Start Package **NEW!**

Contains 1 Standard Program Kit (see below), 15 Parent's Guides, 1 Reproducible Certificate of Completion (download), and 6-month subscription to the CoCo Online Video Library

3708P Video on PowerPoint **\$899.00**

3708D Video on DVD **\$899.00**

Standard Program Kit **NEW!**

Contains 35 minutes of video on 1 PowerPoint with embedded video or 1 DVD + nonvideo PowerPoint, 1 Leader's Guide, 1 Parent's Guide, 1 sample Parent Certificate

3700P Video on PowerPoint **\$599.00**

3700D Video on DVD **\$599.00**

Best Value!

FORMAT

2 Virtual Classroom Package **NEW!**

Includes *1 year subscription to Online Video Library, *1 year virtual teaching rights, 1 Leader's Guide, 10 Parent Guides, PowerPoint Presentation (downloadable). See our website for Terms and Conditions.

*Annual Renewal Option \$99, with the purchase of 10 or more parent guides.

370VC **\$649.00**

3703 Parent's Guides **NEW!**

Quantity discounts:

1-24 \$24.95 ea.

25-99 \$22.95 ea.

100+ \$20.95 ea.

Facilitator Training (optional) See pages 26-29 for details and dates.

CHECK OUT OUR ORIGINAL COPARENTING SHORT COURSE



by Susan Boyan, LMFT, & Ann Marie Termini, LPC

A 4- to 6-hour seminar to help separating parents. This seminar combines video, activities, skill development, and discussion. Can be used with large or small groups for one session lasting 4-6 hours. It will teach parents how to establish positive coparenting relationships and skills to stay child-focused. Certificates can be ordered for all attendees.

Visit our website for details,
including sample video scenes:
www.activeparenting.com/XPD.



by Michael H. Popkin, PhD, & 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/APSf

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 the course.



3 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, 1 Reproducible Completion Certificate (download), and 6-month subscription to the APSF Online Video Library

1949D Video on DVDs\$649.00

Standard Program Kit

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

1940D Video on DVDs\$449.00

1943DE Digital Parent's Guides.. \$14.95

The Digital Book can be used on laptops, tablets, and other mobile devices using iOS or Android. Your Digital Book is accessible for 1 year on up to 3 devices. Digital Books cannot be printed, downloaded, or shared.

Best Value!

FORMAT

2 Video Library

1920D Set of 6 DVDs.....\$399.00

Videos are also sold separately for \$79.95 each; see our website.

Online Video Library

1920LC Annual subscription..... \$298.00

FORMAT

3 Virtual Classroom Package **NEW!**

Includes *1 year subscription to Online Video Library, *1 year virtual teaching rights, 1 Leader's Guide, 10 Digital Parent Guides, PowerPoint Presentation (downloadable). See our website for Terms and Conditions.

*Annual Renewal Option \$99, with the purchase of 10 or more parent guides.

Already own the program? Call 800-825-0060 x 2 to add Virtual Teaching Option (\$99 with the purchase of 10 or more Parent Guides).

194VC.....\$549.00

Facilitator Training

See pages 26-29 for details and dates.

Leader Training webinar \$189.00



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 Active Parenting model:



Check our webpage for details, including sample video scenes: www.activeparenting.com/CAP

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, 1 Reproducible Certificate of Completion (download), 15 Key Points Magnets, and 6-month subscription to the CAP Online Video Library

- 1999P Video on PowerPoint\$849.00
- 1999D Video on DVDs \$849.00

Standard Program Kit

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

- 1991 Video on PowerPoint\$549.00
- 1990 Video on DVDs \$549.00

1995 Parent's Guide/Workbook Combo (Books are also sold separately: see our website.) Quantity discounts:

- 1-24..... \$22.95 ea.
- 25-99 \$21.95 ea.
- 100+ \$20.95 ea.



Parent Certificates

- 1996E Download \$24.95

FORMAT

2 Video Library

- 1980 Set of 6 DVDs\$499.00

Videos are also sold separately for \$95.95 each; see our website.

Online Video Library

- 1980LC Annual subscription. \$298.00

FORMAT

3 Virtual Classroom Package **NEW!**

Includes *1 year subscription to Online Video Library, *1 year virtual teaching rights, 1 Leader's Guide, 10 Parent Guides, PowerPoint Presentation (downloadable). See our website for Terms and Conditions.

*Annual Renewal Option \$99, with the purchase of 10 or more parent guides.

Already own the program? Call 800-825-0060 x 2 to add Virtual Teaching Option (\$99 with the purchase of 10 or more Parent Guides).

- 199VC.....\$599.00

FORMAT

4 Online Parenting Class

- 360CAP \$79.95

Also recommended...



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. Purchase individual program, see program page, or purchase the whole library. See our website for a complete list of videos.
2011LC Annual subscription\$699.00

Rights to use the Online Video Library is limited to home use only. For the rights to teach classes virtually, see our Virtual Classroom Packages on pages 7-23 or call 1-800-0060 x 2 for more information.

Check out our Blog for the latest news, helpful ideas, and content that impacts our community!



www.ActiveParenting.com/blog/

Raising Kids with Care mini-poster
from Search Institute
This mini-poster shows 50 ways parents can help the whole family thrive. A great give-away to inspire parents to try something new—ideas like “Spend regular one-on-one time with each child,” “Eat together as a family,” and even “Be silly.” One side is in English, the other in Spanish. Unfolded size 15" x 5.5".
7120 1-9\$1.75 ea.
10+\$1.50 ea.

bilingual

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. With humor, emotion and practical wisdom, Dr. Popkin teaches parents:

- To recognize the characteristics of a spirited child
- The positive potential these children possess
- How taming is as much about building a relationship as setting limits
- The eight critical planks of a “taming corral”
- The dynamics of power and how to handle anger
- Practical, nonviolent discipline for spirited kids

266 pp.
8839\$19.99

SPANISH

Self-Calming Cards
by Elizabeth Crary & Mits Katayama
What can kids do when they’re angry, anxious or frustrated? How about the “mad” dance? Or stringing beads? Or kneading bread? These are just a few of the dozens of self-calming strategies explained in this card deck. Each of the 24 illustrated cards describes how you can soothe yourself with a different method—physical, auditory/verbal, visual, creative, self-nurturer and humor. Another 16 cards provide step-by-step instructions for games and activities to use with the calming cards. Written in both English and Spanish, these cards and the accompanying instruction sheet explain how parents and teachers can introduce the cards and the concept of self-calming. The materials also discuss how adults can model the use of such self-soothing techniques as taking a warm bath, making a joke to defuse a situation or singing a silly song. Each calming method includes suggested activities for a range of ages, from toddler to adult. Useful for ages 2-10 years. 36 cards.
7110\$12.95

bilingual

GAMES FOR LEARNING

Dr. Playwell's Caring about Others card game

by Larry Shapiro
Empathy is the winning attitude in this card game! As children play, they become aware of the point of view of others, as well as the value of helping and caring. This game is particularly useful in promoting pro-social behaviors with oppositional and willful children. Game contains 52 playing cards, 10 strategy cards, and 12 follow-through cards. For 2-4 players, ages 6-12.



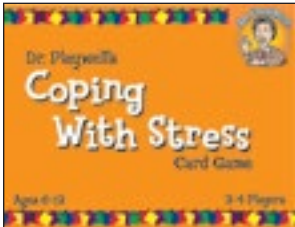
7126 \$27.95

Dr. Playwell's Coping with Stress card game

by Larry Shapiro
This fun-filled game teaches children how to handle stress using well-researched stress reduction techniques that include:

- Deep breathing and muscle relaxation
- Visualization
- Self-talk
- Creating a healthy lifestyle

Game contains 52 playing cards, 10 strategy cards, and 12 follow-through cards. For 2-4 players, ages 6-12.



7125 \$27.95

Dr. Playwell's Controlling Your Anger card game

by Larry Shapiro

Help kids take control of their anger before it takes control of them. Teach children to:

- recognize and change the things that make them angry
- compromise in situations where there is a conflict
- talk about their feelings
- self-monitor their emotions



Game contains 52 playing cards, 10 strategy cards, and 12 follow-through cards. For 2-4 players, ages 6-12.

7128 \$27.95

Dr. Playwell's Communicating Feelings card game

by Larry Shapiro

Talking about feelings can be fun! This engaging card game challenges kids to recognize how different facial expressions and body language convey feelings, and how to listen and interpret the feelings of others. Game focuses on 13 basic feelings that will help children overcome their emotional, behavioral or social problems. Game contains 52 playing cards, 10 strategy cards, and 12 follow-through cards. For 2-4 players, ages 6-12.



7127 \$27.95

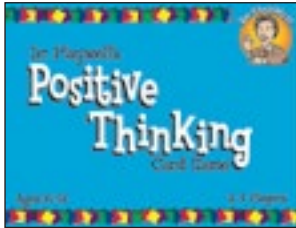
Dr. Playwell's Positive Thinking card game

by Larry Shapiro

Use this game to teach children four essential positive-thinking skills, including:

- Recognizing self-defeating statements
- Changing negative thoughts to positive
- Seeing positive ways to cope with problems
- Using positive self-talk

Useful for children with anxiety disorders. Game contains 52 playing cards, 10 strategy cards, and 12 follow-through cards. For 2-4 players, ages 6-12.



7124 \$27.95

Give Everyone a Fair Shake! Toss & Learn Conflict Resolution Game

from Franklin Learning Systems

Helps players learn important conflict resolution skills such as: being a good listener, learning to show respect, trying for a win-win solution, taking responsibility for choices made, knowing when to walk away, learning not to blame others and more! Players roll a blue die for a situation and then roll a yellow die for questions or actions. Each set comes with big dice, skill sheets, packet of points, and facilitator guidelines For ages 8-12.



7173 Conflict Resolution \$19.99

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: 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!



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



Your Training Manager

Training Manager 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!

Become a Certified Active Parenting Leader!

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

TRAINING of TRAINERS WORKSHOPS

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



July 12-14, 2023

**Only 40
Spots Available So
Register Early!**

Pricing Information

Register before

May 12, 2023 **SAVE \$50** \$699

Register after May 12, 2023 \$749

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

Special offer: register 3, get 4th free!

Train an entire team for less than the cost of sending one person to Atlanta!

• 800-825-0060 x 120 •

The three-day workshop is led by Active Parenting author Dr. Michael Popkin along with other experienced Active Parenting Trainers. You will gain a deeper knowledge of the programs, learn how best to train parent educators, improve your own presentation skills, and exchange ideas with other professionals in your field.

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 on July 12-14, 2023. The location of the TOT—to be determined in March—will be in Atlanta or held via *Zoom video conferencing. There are only 40 spots available so register early! Upon completion of the TOT, you will earn up to 20 clock hours from NBCC and be on your way to gaining certification!

For more information...

Go to our website for more details, including the agenda, the presenters, and how to logon: ActiveParenting.com/TOT

**A computer with Internet connection, webcam, and microphone are required to participate.*

Need something special? We make house calls!

Do you have special training needs or a large group? Active Parenting can help! We'll design and implement a webinar or live workshop specifically for your organization—when and where you want. If you have at least 10 people who need to be trained, we will customize a Special Leader Training Workshop or Training of Trainers for you. Contact our Training Manager at 800-825-0060 ext. 120 for more information.

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: 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

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:
ActiveParenting.com/WLTW

Pricing Information

Webinar or workshop . . . \$189.00

Must register 1 week before
webinar date.

Special Offer: register 3, get 4th free!

• 800-825-0060 x 120 •

Fall 2022 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: First Five Years (p. 6)

Live Webinar September 27, 2022
Live Webinar November 22, 2022

Active Parenting 4th Edition (p. 10)

Live Webinar October 4, 2022
Live Webinar December 6, 2022

Active Parenting of Teens (p. 14)

Live Webinar October 11, 2022
Live Webinar December 13, 2022

Cooperative Coparenting through Separation or Divorce (p. 20)

NEW!

Live Webinar September 13, 2022
Live Webinar November 15, 2022

Families in Action (p. 19)

Live Webinar October 18, 2022
Live Webinar December 20, 2022

Affordable gifts for class participants

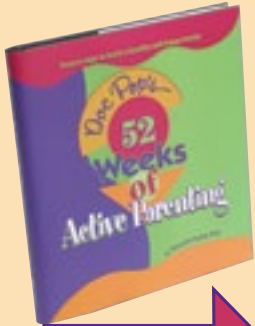
These fun products can be used as door prizes, end-of-class gifts, and more. See our website for more Fun Stuff!



A sturdy tote bag with our definition of parenting printed on the side. The text on the side of the bag reads: Parenting is the most difficult and most important job you will ever have . . . and potentially the most rewarding. Size is 20" x 14" x 4".

7027 **\$19.95**

Doc Pop's 52 Weeks of Active Parenting



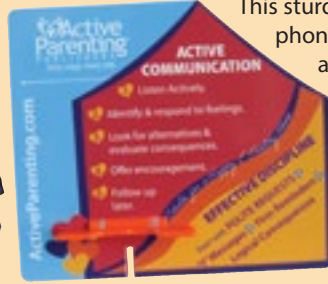
by Michael "Doc Pop" Popkin
This parent- friendly book by our own "Doc Pop" is a great way to keep your parents practicing Active Parenting concepts long after the course is over. A great gift for parents of children of all ages. Hardcover. 112 pp.

8653 **\$12.95**
(Quantity discounts available.)

Scan this code to use with Doc Pops 52 Weeks of Active Parenting FREE Video Series!



Active Parenting Phone Stand



This sturdy, portable plastic phone stand will serve as a reminder to parents of the important communication and discipline skills they will learn in an Active Parenting class. Product size is approx. 6" x 5".

7178 **\$7.99** (Quantity discounts available.)

Active Parenting Microfiber Cloth

This handy microfiber cloth is both practical and cute! Product size is approx. 6" x 6".

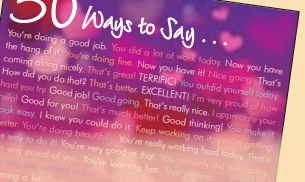
7179 **\$1.99**
(Quantity discounts available.)



50 Ways to Say . . .



50 Ways to Say . . .



50 Ways to Say "I Love You"

Offer these lovely keepers to parents in your classes to help them remember the power of encouraging words. The colorful, 8½" x 11" mini-poster is printed on heavy glossy paper and will look lovely on every parent's refrigerator! The bookmark is a nice size: 3" x 8".
7169 Bookmarks (pkg/5) **\$6.00**
7171 Mini-poster (pkg/10) **\$10.00**

ORDERING INFORMATION

Shipping/Handling: 10% of subtotal: minimum charge \$10.95.

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.

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.



Phone:
800-825-0060



Online:
www.ActiveParenting.com



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Item#	Description	Qty.	Price	Amount

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☐ Bill my organization/school (See terms on page 30)

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(make checks payable to Active Parenting Publishers)

☐ Charge to my credit card:



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Security code _____ Expiration date _____

Authorized signature: _____

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CALCULATE SHIPPING & HANDLING
10% of subtotal, minimum charge of \$10.95
See p. 30 for more info

SUBTOTAL

CALCULATE SALES TAX: GA residents, add 7%;
CA residents, add 9.0%; WI residents, add 5.5%

TOTAL

0221

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City: _____ State: _____ Zip: _____

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Email Address: _____

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Name: _____ Title: _____

Organization: _____

Address: _____

City: _____ State: _____ Zip: _____

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Order Form
on page 31.

www.ActiveParenting.com

Strengthen families with effective parent education

Use your promo code at checkout for a **FREE**
Active Parenting Microfiber Cloth (p30).

Promo Code

CAT23A001

Customer #



**SHIELD CHILDREN FROM THE CONFLICT OF DIVORCE WITH
OUR NEW PROGRAM—CoCo!**
See pages 3, 20-21 for details



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PUBLISHERS

OWN THE SUITE!

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.



ACTIVE PARENTING
First Five Years



ACTIVE PARENTING
4th edition



Active Parenting
of Teens :)
third edition