

# 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.*

## FROM THE PRESIDENT

## 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

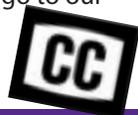
#### Active Parenting Publishers

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!**

**NEW Convenient Tote Bags!**

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



Call to schedule a custom training!



**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](http://www.ActiveParenting.com/Guarantee). *Prices subject to change.*

**HOW TO ORDER**

- Online:** [www.ActiveParenting.com](http://www.ActiveParenting.com)
- Email:** [cservice@activeparenting.com](mailto: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

### ACTIVE PARENTING™ 4th edition

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

### Active Parenting of Teens : ) third edition

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

### Active Parenting of Teens third edition FAMILIES TEENS IN ACTION IN ACTION

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

### Christian ACTIVE PARENTING™

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](http://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
- C**

#### 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



EVIDENCE-  
BASED



AAP  
Revere Awards  
FINALIST



CC  
KIT DVD

ALSO  
AVAILABLE  
IN SPANISH  
(see page 9)

## 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](http://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



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](http://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



## 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

### 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](http://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



## 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](http://www.activeparenting.com/AP4)

FORMAT  
1

### PARENTING PROGRAM KIT



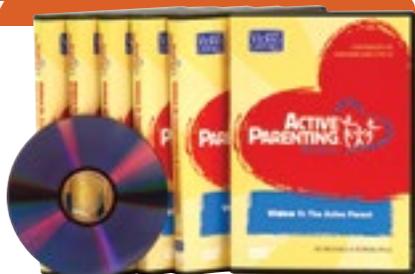
This “teach out of the box” program kit provides tools for a parenting course for caregivers of children ages 5-12. The program is flexible and your classes can be taught in 1, 3, 4, or 6 sessions lasting 1-2 hours each. It’s up to you!

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.

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



### 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.

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

### 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

# PATERNIDAD ACTIVA™

4a edición



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.



OPTIONAL  
POWERPOINT  
WITH VIDEO



SAMPLE VIDEO  
ON WEBSITE



EVIDENCE  
-BASED



Check our webpage for details, including sample video scenes: [www.activeparenting.com/PA4](http://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.

FORMAT

### 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

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.

**222VC** ..... **\$649.00**

# Active Parenting of Teens : ) third edition

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](http://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

#### **D** 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

#### **A** Session III

##### **Responsibility and Discipline**

- Logical consequences and more
- Problem-solving with FLAC

#### **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



## 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](http://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.

OPTIONAL  
POWERPOINT  
WITH VIDEO

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:

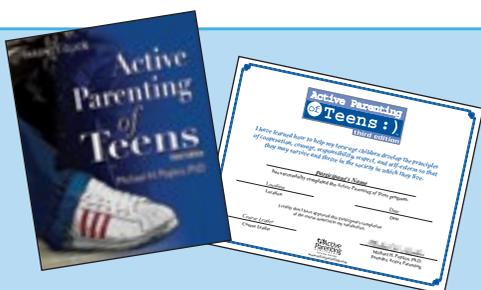
1-24..... \$16.95 ea.

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.



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

# Paternidad Activa de Adolescentes : )

by Michael H. Popkin, Ph.D.

Tercera Edición



## 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](http://www.activeparenting.com/PADAT).

Check our webpage for details, including sample video scenes: [www.activeparenting.com/PADAT](http://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.



**OPTIONAL  
POWERPOINT  
WITH VIDEO**



**SAMPLE VIDEO  
ON WEBSITE**

**EVIDENCE  
-BASED**

## PRICE GUIDE

### **1** Parenting Program Kit Best Value!

#### 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

### **4513 Parent's Guides**

Quantity discounts:

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

### **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

### **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



**Check our webpage for details, including sample video scenes: [www.activeparenting.com/TIA](http://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

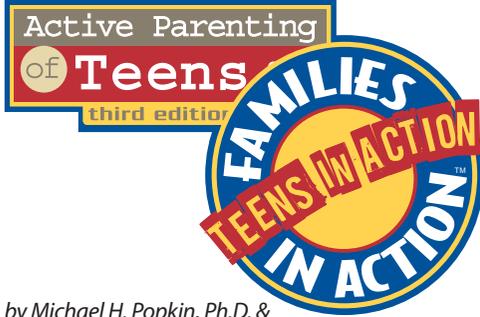
**3 Virtual Classroom Package NEW!**

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.



Check our webpage for details, including sample video scenes: [www.activeparenting.com/FIA](http://www.activeparenting.com/FIA)

**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.

**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**

Best Value!

**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**

**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.



**Facilitator Training (optional)**

See pages 26-29 for details and dates.

Leader Training webinar ..... \$189.00

# 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](http://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

FORMA

### 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**

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

Best Value!

FORMA

### 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.

## 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](http://www.activeparenting.com/XPD).



Check our webpage for details, including sample video scenes: [www.activeparenting.com/APSF](http://www.activeparenting.com/APSF).

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,

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.

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](http://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/](http://www.ActiveParenting.com/blog/)

**Raising Kids with Care mini-poster**



from Search Institute

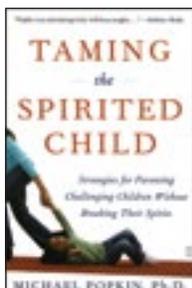
This mini-poster shows 50 ways parents can help the whole family thrive. A great give-away to inspire parents to try something new—ideas like “Spend regular one-on-one time with each child,” “Eat together as a family,” and even “Be silly.” One side is in English, the other in Spanish. Unfolded size 15" 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.



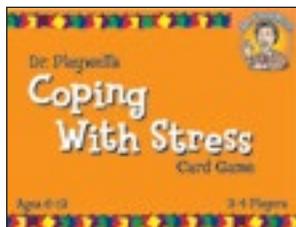
**7126 ..... \$27.95**

**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.



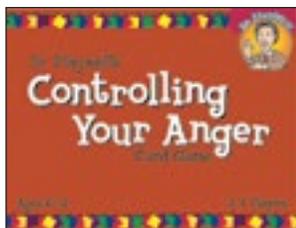
**7125 ..... \$27.95**

**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

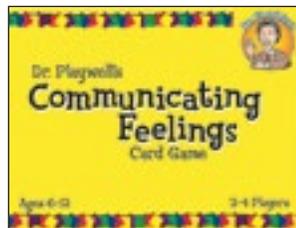
Game contains 52 playing cards, 10 strategy cards, and 12 follow-through cards. For 2-4 players, ages 6-12.



**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.



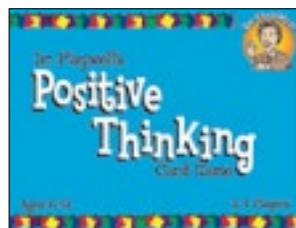
**7127 ..... \$27.95**

**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](http://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

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24/7 self-study ..... page 28

#### Leader Training Webinars

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#### Training of Trainers

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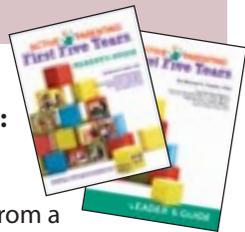


### Your Training Manager

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](http://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!**

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!

### 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 •

### For more information...

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



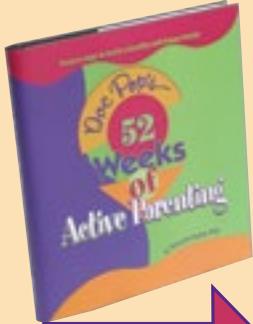
A sturdy tote bag with our definition of parenting printed on the side. The text on the side of the bag reads: Parenting is the most difficult and most important job you will ever have . . . and potentially the most rewarding. Size is 20" x 14" x 4".

**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.)

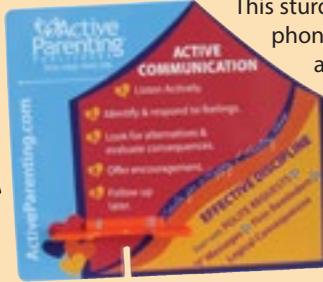


Scan this code to use with Doc Pops 52 Weeks of Active Parenting FREE Video Series!



**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 "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](http://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.

**Promo code** **CAT23A001**  
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**Phone:**  
**800-825-0060**



**Online:**  
**www.ActiveParenting.com**



**Fax:**  
**770-429-0334**



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**Order Form  
on page 31.**

[www.ActiveParenting.com](http://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

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# 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.

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



ACTIVE PARENTING  
**First Five Years**



ACTIVE PARENTING  
4th edition



Active Parenting  
**of Teens**  
3rd edition