



Active Parenting 4th Edition

See Overview

Start Course



Active Parenting: First Five Years

See Overview

Overview

Start Course



Families in Action



Crossroads of Coparenting



Cooperative Coparenting

Separation

VIDEO LIBRARY



ONLINE LIBRARY

# LEAD PARENTING CLASSES FOR:

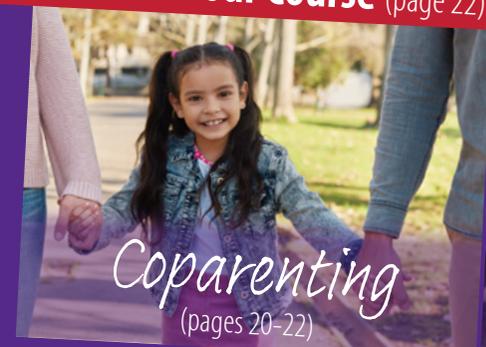


Ages 5-12  
(pages 10-13, 24)



Ages 0-5  
(pages 6-9)

**NEW! 4-hour Course** (page 22)



Coparenting  
(pages 20-22)



Ages 12-18  
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## FROM THE PRESIDENT

# Building a Better World, One Family at a Time

One of my favorite perks of being president of Active Parenting Publishers for over forty years has been the opportunity to connect with parents and parent educators worldwide. And whether I was in rural Iowa, New York City, or Kuwait City, I always began by saying that it was good being with them. Because anytime I was speaking with people who gave their time and energy to help children, I knew that I was in good company. I'd then remind them that their work with families put them in the good company of people all over the world who understand that improving the lives of children through parenting education ultimately improves the world.



The recent elections in the US and across the globe have left many excited, while many others feel anxious about the future. Regardless of political affiliation, one thing remains constant: people care deeply about children and want to see them thrive. We all understand that when children flourish, our future is bright. While the political landscape may shift, our commitment to fostering healthy families endures. Our work may get a little harder or easier depending on who holds political power, but working together, we can make great things happen. For this reason, I feel hopeful.

At Active Parenting Publishers, we are privileged to partner with you in this vital work. We recognize the transformative impact you have on your community through the lives of the children and families you help and on the world beyond.

Thank you for your dedication and for choosing Active Parenting Publishers as your resource. We are committed to supporting you.

You are in good company.

Sincerely,

*Michael H. Popkin*

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

### ABOUT

#### Active Parenting Publishers

Michael H. Popkin, Ph.D., Founder and President, and Active Parenting Publishers has provided innovative, research-based education programs for Leaders since 1983. The Active Parenting approach of emphasizing mutual respect, non-violent discipline, and open communication has benefited millions of families throughout the world.

### LANGUAGE OPTIONS

Most of our leading programs are available in Spanish, all are in 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.

## NOW STREAMING!

Look for this icon ▶



No need to keep track of DVDs or flash drives! Simply log in to your subscription and stream our video-embedded PowerPoint anywhere you have internet access!

Our Streaming Programs include Virtual Teaching Rights, offering the most flexible format we've ever created because it allows you to:

- Seamlessly transition between slides and videos.
- Access all your programs in one central location with just a click of a button.
- Teach virtual classes in addition to in-person classes.



See [ActiveParenting.com/Streaming](http://ActiveParenting.com/Streaming) for more info on all of our Streaming programs.

## Crossroads of Coparenting

See page 22 for more information

NEW!



POWERPOINT WITH VIDEO on FLASH DRIVE or STREAMING (Streaming includes Virtual Teaching Rights)

Our newly revised four-hour seminar, **Crossroads of Coparenting**, is here! This widely anticipated 2nd edition short course is based on the same videos, skills, and concepts that have made the eight-session COCO Program a star in the coparenting world! *Crossroads 2nd Edition* is everything you need in a four-hour course for coparents. Its length is perfect for court requirements and other situations where you need something short and effective to help keep children safe during and after the trauma of a family break-up.

Scan here to sign up for our eNews ▼ only 3 emails/month▶



**SPECIAL OFFERS, FREE RESOURCES, PROGRAM UPDATES, & TRAINING OPPORTUNITIES**



Follow Us On Social Media

### OUR GUARANTEE

Active Parenting Publishers offers a 100% guarantee. If you're not completely satisfied just return the materials in resellable condition within 30-days for a credit or complete refund. You pay only the return shipping charges. Please return materials by a trackable method—UPS, FedEx, USPS. Questions? Please contact Customer Service at 800-825-0060 ext 2 or [cservice@activeparenting.com](mailto:cservice@activeparenting.com). *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

OPTIONS

- Flash Drive Program Kit
- Streaming Program Kit
- Online Video Library Add-on
- Leader Training Workshop
- Spanish Version

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

OPTIONS

- Flash Drive Program Kit
- Streaming Program Kit
- Online Video Library Add-on
- Leader Training Workshop
- Spanish Version

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

OPTIONS

- Flash Drive Program Kit
- Streaming Program Kit
- Online Video Library Add-on
- Leader Training Workshop
- Spanish Version

AGES 11-16

Active Parenting  
of **Teens**  
*third edition*  
**FAMILIES 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

OPTIONS

- Flash Drive Program Kit
- Streaming Program Kit
- Online Video Library Add-on
- Leader Training Workshop
- Spanish Version

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 24

OPTIONS

- Flash Drive Program Kit
- Streaming Program Kit
- Online Video Library Add-on
- Leader Training Workshop
- Spanish Version



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

OPTIONS

- Flash Drive Program Kit
- Streaming Program Kit
- Online Video Library Add-on
- Leader Training Workshop
- Spanish Version

FOR KIDS: AGES 11-16

**COOPERATIVE COPARENTING**  
*through Separation or Divorce™*

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!

OPTIONS

- Flash Drive Program Kit
- Streaming Program Kit
- Online Video Library Add-on
- Leader Training Workshop
- Spanish Version

CO-PARENTING

**CROSSROADS OF COPARENTING**  
*A 5-STEP SEMINAR TO SHIELD CHILDREN FROM HARM*

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 22

NEWLY REVISED!

OPTIONS

- Flash Drive Program Kit
- Streaming Program Kit
- Online Video Library Add-on
- Leader Training Workshop
- Spanish Version

COPARENTING

*Active Parenting*  
**for Stepfamilies™**

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 23

OPTIONS

- Flash Drive Program Kit
- Streaming Program Kit
- Online Video Library Add-on
- Leader Training Workshop
- Spanish Version

STEPARENTING

**LEADER TRAINING WORKSHOPS**

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 Private 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 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 options. 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 program.

## Evidence-Based

Active Parenting programs contain evidence showing positive changes in both parents and children. See our website for all evidence and measurement tools for this program, including:

- Results from the recent field study published in *Child & Youth Care Forum*
- Listing in the Penn State Clearinghouse of Military Family Readiness
- Listing in California Evidence- Based Clearinghouse for Child Welfare CEBC)
- Free survey tools for your own parenting classes



Check our website for details, including sample video scenes:  
[www.ActiveParenting.com/FFY](http://www.ActiveParenting.com/FFY)

## Leader Training

See pages 26-29 for details and dates.



## Flexible program in English and Spanish!

Choose the format that fits your setting. See our website for complete details, including sample pages and video: [www.ActiveParenting.com/FFY](http://www.ActiveParenting.com/FFY)

This ready-to-teach program kit provides essential parenting tools for parents and caregivers of children birth to age 5. The program is easy to lead and flexible. Your classes can be taught in 1, 3, or 4 sessions lasting 1-2 hours each. It's up to you! ▶

### Each program kit Includes:

- A step-by-step Leader's Guide that tells you when to play the video, when to stop for discussion, and how to run activities.
- 63 minutes of video of diverse families demonstrating key concepts. The video is embedded in a PowerPoint presentation (111 slides) available on **Flash Drive** or **Streaming**. The Streaming Kit includes Virtual Teaching Rights for one year, renewable for \$399/year (includes 10 Parent Guides). The Flash Drive kit does not include Virtual Teaching Rights—please call for more information.

### Visit [ActiveParenting.com/Streaming](http://ActiveParenting.com/Streaming) for more info on our Streaming Service

- One Parent's Guide. Each parent will need one during each class.
- A Key Points Magnet serves as a reminder of the key concepts.
- Course Announcement Posters to promote your class.
- Downloadable and customizable Parent Completion Certificate.
- Downloadable Research Measurement tools to measure effectiveness that may help to obtain funding.

### 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

## Praise for First Five Years

FINALIST 2017 REVERE Awards  
(Association of American Publishers)

*"A must-have parent education program for any parent who wants to ensure a successful start to their child's early developmental years and an enjoyable, informed and confident parenting experience at the same time!"*

Joan R. • Certified Life and Parent Coach, NJ

*"This program is the 'instruction manual' that every parent needs. Amazing insight into the mind and what is needed for parents of children in the first five years. A MUST for all teen parents!"*

Sue L. • Ouachita Children's Center, AR



**PRICE GUIDE** *NEW STREAMING!*

**Standard Program Kit**

63 minutes of video-embedded PowerPoint (111 slides) on **Flash Drive or Streaming** (1 year subscription), 1 Leader's Guide, 1 Parent's Guide, 1 Key Points Magnet, 2 Course Announcement Posters, Research Measurement Tools (download), 1 Reproducible Parent Completion Certificate (download).

**1681 Flash Drive** .....\$499.00  
**1688S Streaming** (1 year) .....\$499.00



**POWERPOINT WITH VIDEO on FLASH DRIVE or STREAMING**  
 (Streaming includes Virtual Teaching Rights)

**Ready-to-Teach!**

**Jump-Start Package**

Contains 1 Standard Program Kit (▲Above), PLUS 15 Parent's Guides, 15 Key Points Magnets, 6-month subscription to the Online Video Library.

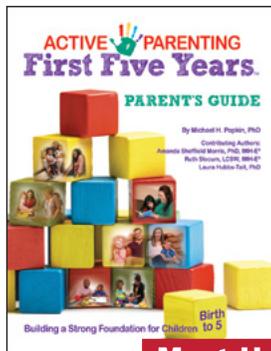
**1688P Flash Drive**.....\$699.00  
**1688JS Streaming** (1 year) ..... \$699.00



Find out about Online Parenting Classes: [ActiveParenting.com/Online-Parenting-Classes](http://ActiveParenting.com/Online-Parenting-Classes)

Call to add Streaming Service to your flash drive kit or for questions about renewals.

**CLASS SUPPLIES**



**Must-Haves!**

**Parent's Guide**

Parent's Guides are necessary to maintain the integrity of the program and serve as an invaluable resource for parents after the class is over. They reinforce the skills presented in class and support parents as they put those skills into action at home.

**1683** Quantity discounts:

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



**Key Points Magnets (pkg/5)**  
**7148**.....\$7.50

**Additional Resources**

**Online Video Library add-on**

The Video Library is a great way to share all of the video (without slides) with parents to reinforce lessons. Each video is 14-24 minutes long and comes with downloadable discussion guidelines and Parent's Tips Sheets. Can be used in your resource room, for home visits, and at parent meetings. Must own kit to add this service and should not be used as a class.

**1690LC** Annual Subscription....\$249.00

**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.

**Flexible and Ready-to-Teach!**

This valuable program has video-embedded in a PowerPoint presentation available on Flash Drive or Streaming to suit your setting. The Streaming Kit includes Virtual Teaching Rights for one year, renewable for \$399/year (includes 10 Parent Guides). The Flash Drive kit does not include Virtual Teaching Rights—please call for more information.



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.

**PRICE GUIDE** *NEW STREAMING!*

**Standard Program Kit**

63 minutes of video-embedded PowerPoint (111 slides) on **Flash Drive or Streaming** (1 year subscription), 1 Leader's Guide, 1 Parent's Guide, 1 Key Points Magnet, 2 Course Announcement Posters, Research Measurement Tools (download), 1 Reproducible Parent Completion Certificate (download).

**2231 Flash Drive**.....\$499.00  
**2238S Streaming** (1 year) .....\$499.00

**Ready-to-Teach!**

**Jump-Start Package**

Contains 1 Standard Program Kit (▲Above), PLUS 15 Parent's Guides, 15 Key Points Magnets, 6-month subscription to the Online Video Library.

**2238P Flash Drive**..... \$699.00  
**2238JS Streaming** (1 year) .....\$699.00



**Key Points Magnets (pkg/5)**  
 7158 .....\$7.50

**2233 Parent's Guides**  
 Quantity discounts:  
 1-24..... \$16.95 ea.  
 25-99 ..... \$15.95 ea.  
 100+ ..... \$14.95 ea.

**Online Video Library add-on**

The Video Library is a great way to share all of the video (without slides) with parents to reinforce lessons. Each video is 9-23 minutes long and comes with downloadable discussion guidelines and Parent's Tips Sheets. Can be used in your resource room, for home visits, and at parent meetings. Must own kit to add this service and should not be used as a class.

**2240LC** Annual subscription ..... \$249.00

# ACTIVE PARENTING™

by Michael H. Popkin, Ph.D.

## 4th edition




### AGES 5-12

#### Help parents 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 40 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, violence, 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 published 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 California Evidence-based Clearinghouse for Child Welfare (CEBC)
- NREPP review
- Free survey tools for your parenting classes



Check our website for details, including sample video scenes:  
[www.ActiveParenting.com/AP4](http://www.ActiveParenting.com/AP4)

### Leader Training

See pages 26-29 for details and dates.



### Flexible program in English and Spanish!

Choose the format that fits your setting. See our website for complete details, including sample pages and video: [www.ActiveParenting.com/AP4](http://www.ActiveParenting.com/AP4)

This ready-to-teach program kit provides essential parenting tools for parents and caregivers of children ages 5-12. The program is easy to lead and flexible. Your classes can be taught in 1, 3, 4, or 6 sessions lasting 1-2 hours each. It's up to you! ▶

#### Each program kit Includes:

- A step-by-step Leader's Guide that tells you when to play the video, when to stop for discussion, and how to run activities.
- 170 minutes of video of diverse families demonstrating key concepts. The video is embedded in a PowerPoint presentation (88 slides) available on **Flash Drive** or **Streaming**. The Streaming Kit includes Virtual Teaching Rights for one year, renewable for \$399/year (includes 10 Parent Guides/Workbooks). The Flash Drive kit does not include Virtual Teaching Rights—please call for more information.

#### Visit [ActiveParenting.com/Streaming](http://ActiveParenting.com/Streaming) for more info on our Streaming Service

- One Parent's Guide. Each parent will need one during each class.
- The essential Workbook to help parents absorb the lessons.
- A Key Points Magnet serves as a reminder of the key concepts.
- Course Announcement Posters to promote your class.
- Downloadable and customizable Parent Completion Certificate.
- Downloadable Research Measurement tools to measure effectiveness that may help to obtain funding.

#### 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

### Praise for Active Parenting 4th Edition

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, FL

*"Highly recommended"*

Video Librarian magazine

*"A great way to present a philosophy stressing personal responsibility."*

Judy A. • Early Learning Counselor, Atlanta, GA



**PRICE GUIDE** *NEW STREAMING!*

**Standard Program Kit**

170 minutes of video-embedded PowerPoint (88 slides) on **Flash Drive or Streaming** (1 year subscription), 1 Leader's Guide, 1 Parent's Guide, 1 Parent's Workbook, 1 Key Points Magnet, 2 Course Announcement Posters, Research Measurement Tools, (download), 1 Reproducible Parent Completion Certificate (download).

**1961 Flash Drive** .....\$599.00  
**1969S Streaming** (1 year) ..... \$599.00



**POWERPOINT WITH VIDEO on FLASH DRIVE or STREAMING**  
 (Streaming includes Virtual Teaching Rights)

**Ready-to-Teach!**

**Jump-Start Package**

Contains 1 Standard Program Kit (▲Above), PLUS 15 Parent's Guides, 15 Parent's Workbooks, 15 Key Points Magnets, 6-month subscription to the Online Video Library.

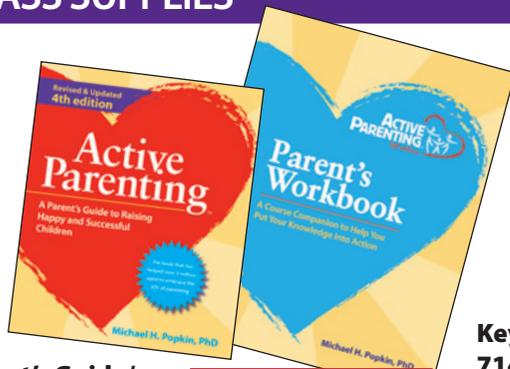
**1969P Flash Drive**.....\$899.00  
**1969JS Streaming** (1 year) ..... \$899.00



Find out about Online Parenting Classes: [ActiveParenting.com/Online-Parenting-Classes](http://ActiveParenting.com/Online-Parenting-Classes)

Call to add Streaming Service to your flash drive kit or for questions about renewals.

**CLASS SUPPLIES**

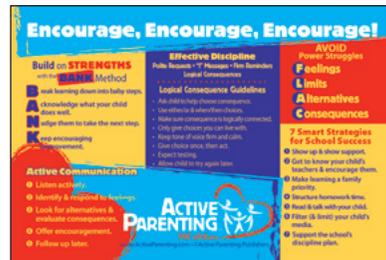


**Parent's Guide/ Workbook Combo**

**Must-Haves!**

Parent's Guides are necessary to maintain the integrity of the program and serve as an invaluable resource for parents after the class is over. They reinforce the skills presented in class and support parents as they put those skills into action at home. The Workbooks are a great way for parents to practice the skills they are learning. See our website for quantity discounts:

**1965** Parent's Guide/Workbook . \$22.95 ea.  
**1963** Parent's Guide only ..... \$16.95 ea.  
**1964** Workbook only ..... \$14.95 ea.



**Key Points Magnets** (pkg/5) **7148**.....\$7.50

**Additional Resources**

**Online Video Library add-on**

The Video Library is a great way to share all of the video (without slides) with parents to reinforce lessons. Each video is 24-25 minutes long and comes with downloadable discussion guidelines and Parent's Tips Sheets. Can be used in your resource room, for home visits, and at parent meetings. Must own kit to add this service and should not be used as a class.

**1970LC** Annual Subscription....\$298.00

**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.

**Flexible and Ready-to-Teach!**

This valuable program has video-embedded in a PowerPoint presentation available on Flash Drive or Streaming to suit your setting. The Streaming Kit includes Virtual Teaching Rights for one year, renewable for \$399/year (includes 10 Parent Guides). The Flash Drive kit does not include Virtual Teaching Rights—please call for more information.



Check our website 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** *NEW STREAMING!*

**Standard Program Kit**

Contains 170 minutes of video-embedded PowerPoint (88 slides) on **Flash Drive or Streaming** (1 year subscription), 1 Leader's Guide, 1 Parent's Guide, 1 Parent's Workbook, 1 Reproducible Parent Completion Certificate (download), 1 Key Points Magnet, 2 Course Announcement Posters, Research Measurement Tools (download)

**2221 Flash Drive** .....\$599.00  
**2229S Streaming** (1 year) ..... \$599.00

**Ready-to-Teach!**

**Jump-Start Package**

Contains 1 Standard Program Kit (▲Above), PLUS 15 Parent's Guides, 15 Parent's Workbooks, 15 Key Points Magnets, and 6-month subscription to the Paternidad Activa Online Video Library

**2229P Flash Drive** ..... \$899.00  
**2229JS Streaming** (1 year) .....\$899.00



**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.

**Key Points Magnets** (pkg/5) **7154**.....\$7.50

**Online Video Library add-on**

The Video Library is a great way to share all of the video (without slides) with parents to reinforce lessons (should not be used as a class). Must own kit to add this service.

**1290LC** Annual subscription ..... \$298.00

# 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:

- Published research articles
- Listing in California Evidence-based Clearinghouse for Child Welfare (CEBC)
- NREPP review
- Listing in the Penn State Clearinghouse of Military Family Readiness
- Free survey tools for your own parenting classes

Check our website for details, including sample video scenes:  
[www.ActiveParenting.com/Teens](http://www.ActiveParenting.com/Teens)

## Leader Training

See pages 26-29 for details and dates.

POWERPOINT WITH VIDEO STREAMING

OR

POWERPOINT WITH VIDEO ON FLASH DRIVE

SAMPLE VIDEO ON WEBSITE

EVIDENCE-BASED

WINNER GOLD EMPixx Awards

ALSO AVAILABLE IN SPANISH (see page 17)

## Flexible program in English and Spanish!

Choose the format that fits your setting. See our website for complete details, including sample pages and video: [www.ActiveParenting.com/Teens](http://www.ActiveParenting.com/Teens)

This ready-to-teach program kit provides essential parenting tools for parents and caregivers of children ages 12-18. The program is easy to lead and flexible. Your classes can be taught in 2, 3, 4, or 6 sessions lasting 1-2 hours each. It's up to you! ▶

### Each program kit Includes:

- A step-by-step Leader's Guide that tells you when to play the video, when to stop for discussion, and how to run activities.
- 150 minutes of video of diverse families demonstrating key concepts. The video is embedded in a PowerPoint presentation (99 slides) available on **Flash Drive** or **Streaming**. The Streaming Kit includes Virtual Teaching Rights for one year, renewable for \$399/year (includes 10 Parent Guides). The Flash Drive kit does not include Virtual Teaching Rights—please call for more information.

### Visit [ActiveParenting.com/Streaming](http://ActiveParenting.com/Streaming) for more info on our Streaming Service

- One Parent's Guide. Each parent will need one during each class.
- Course Announcement Posters to promote your class.
- Downloadable and customizable Parent Completion Certificate.
- Downloadable Research Measurement tools to measure effectiveness that may help to obtain funding.

### 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

## Praise for Active Parenting of Teens

*"Implementing the techniques of your Active Parenting of Teens program saved both of us...I had the skills to deal with parenting a teen and we had a good foundation for mutual success."*

Theresa B. • Parent California



*Juvenile Program of the Year*  
Arkansas Coalition for Juvenile Justice

*"...extremely helpful, especially the videos modeling the behaviors and interactions between kids/adults. Very helpful tools for struggling parents of challenging teens."*

Lanna W. • Pathways Family Resource Center, MA

**PRICE GUIDE** *NEW STREAMING!*

**Standard Program Kit**

Contains 150 minutes of video-embedded PowerPoint (99 slides) on **Flash Drive or Streaming** (1 year subscription), 1 Leader's Guide, 1 Parent's Guide, 1 Reproducible Certificate of Completion (download), 2 Course Announcement Posters, Research Measurement Tools (download)

**4500P Flash Drive.....\$499.00**

**4500S Streaming (1 year)..... \$499.00**



**Ready-to-Teach!**

**Jump-Start Package**

Contains 1 Standard Program Kit (▲Above), PLUS 15 Parent's Guides, 6-month subscription to the Teens Online Video Library

**4509P Flash Drive .....\$699.00**

**4509JS Streaming (1 year)..... \$699.00**



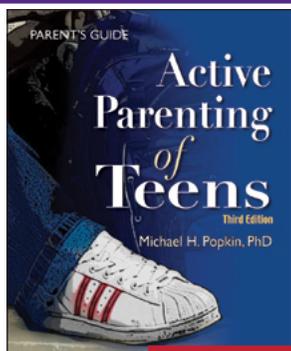
Call to add Streaming Service to your flash drive kit or for questions about renewals.

**POWERPOINT WITH VIDEO on FLASH DRIVE or STREAMING**  
(Streaming includes Virtual Teaching Rights)



Find out about Online Parenting Classes: [ActiveParenting.com/Online-Parenting-Classes](http://ActiveParenting.com/Online-Parenting-Classes)

**CLASS SUPPLIES**



**Must-Haves!**

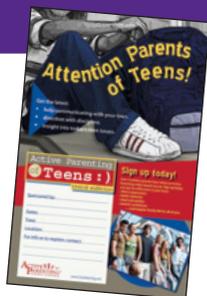
**Parent's Guide**

Parent's Guides are necessary to maintain the integrity of the program and serve as an invaluable resource for parents after the class is over. They reinforce the skills presented in class and support parents as they put those skills into action at home.

**4503 Parent's Guides**

Quantity discounts:

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



**Course Announcement Poster 4505.....\$2.00**

**Additional Resources**

**Online Video Library add-on**

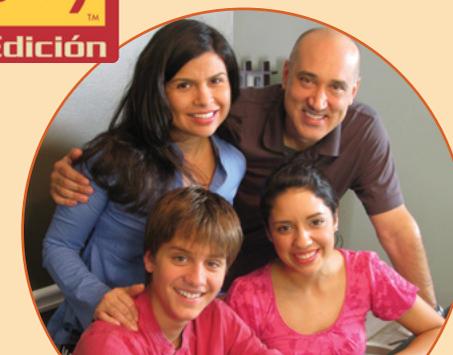
The Video Library is a great way to share all of the video (without slides) with parents to reinforce lessons. Each video is 24-34 minutes long and comes with downloadable discussion guidelines and Parent's Tips Sheets. Can be used in your resource room, for home visits, and at parent meetings. Must own kit to add this service and should not be used as a class.

**4520LC Annual Subscription....\$298.00**

**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.



**PRICE GUIDE** *NEW STREAMING!*

**Standard Program Kit**

Contains 150 minutes of video-embedded PowerPoint (99 slides) on **Flash Drive or Streaming** (1 Year subscription), 1 Leader's Guide (in English), 1 Parent's Guide, 1 Reproducible Parent Completion Certificate (download), 2 Course Announcement Posters, Research Measurement Tools (download)

**4510P Flash Drive .....\$499.00**

**4510S Streaming (1 year) ..... \$499.00**



**4513 Parent's Guides**

Quantity discounts:

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

**CLASS SUPPLIES**

**Online Video Library add-on**

The Video Library is a great way to share all of the video (without slides) with parents to reinforce lessons (should not be used as a class). Must own kit to add this service.

**1280LC Annual subscription ..... \$298.00**

**Ready-to-Teach!**



**Jump-Start Package**

Contains 1 Standard Program Kit (▲Above), PLUS 15 Parent's Guides, and 6-month subscription to the Paternidad Online Video Library

**4516P Flash Drive .....\$699.00**

**4516JS Streaming (1 year) ..... \$699.00**



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 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.



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



**POWERPOINT WITH VIDEO on FLASH DRIVE or STREAMING**  
(Streaming includes Virtual Teaching Rights)



**PRICE GUIDE NEW STREAMING!**

**Standard Program Kit**

124 minutes of video-embedded PowerPoint (109 slides) on **Flash Drive or Streaming** (1 year subscription), 1 Leader's Guide, 1 Teen's Guide, 1 Responsibility Coin, 1 Reproducible Certificate of Completion (download), 2 Course Announcement Posters  
**1740P Flash Drive .....\$349.00**  
**1740S Streaming (1 year) .....\$349.00**

**Ready-to-Teach!**

**Jump-Start Package**

Contains 1 Standard Program Kit (▲Above), PLUS 15 Teen's Guides, 15 Responsibility Coins, 6-month subscription to the TIA Online Video Library  
**1749P Flash Drive .....\$539.00**  
**1740JS Streaming (1 year) .....\$539.00**



**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.

**Online Video Library add-on**

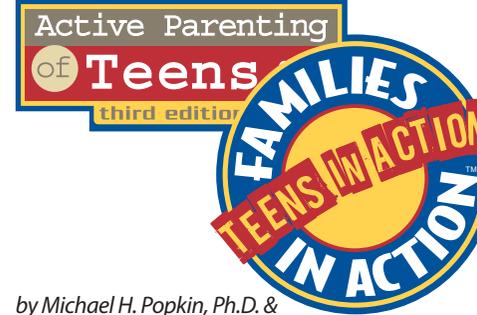
The Video Library is a great way to share all of the video (without slides) with parents to reinforce lessons (should not be used as a class). Must own kit to add this service.

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

**CLASS SUPPLIES**

**Leader Training**

See pages 26-29 for details and dates.



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.

Visit [ActiveParenting.com/Streaming](http://ActiveParenting.com/Streaming) for more info on our Streaming Service



**PRICE GUIDE NEW STREAMING!**

**3-in-1 Standard Program Kit**

**Parent Class:** 150 minutes of video-embedded PowerPoint (99 slides) on **Flash Drive or Streaming** (1 year subscription),  
**Teen Class:** 124 minutes of video-embedded PowerPoint (109 slides), 1 Parent's Guide, 1 Teen's Guide, Downloadable Parent Handout, 1 Parent Leader's Guide, 1 Parent+Teen & Teen Leader's Guide, 1 Reproducible Certificate of Completion (download) for each program

**1730P Flash Drive ..... \$599.00**

**1730S Streaming (1 year) .....\$599.00**

**4503 Parent's Guides**

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



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

**Leader Training**

See pages 26-29 for details and dates.

**Ready-to-Teach!**

**3-in-1 Jump-Start Package**

Contains 1 Standard Program Kit (◀Left), PLUS 15 Parent's Guides, 15 Teen's Guides, 15 Responsibility Coins

**1739P Flash Drive .....\$948.00**

**1739JS Streaming (1 year) .....\$948.00**

**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.



**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!



**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

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



*"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

**POWERPOINT WITH VIDEO on FLASH DRIVE or STREAMING**  
(Streaming includes Virtual Teaching Rights)

*"...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** **NEW STREAMING!**

**Standard Program Kit**

35 minutes of video-embedded PowerPoint (74 slides) on **Flash Drive or Streaming** (1 year subscription), 1 Leader's Guide, 1 Parent's Guide, 1 Reproducible Certificate of Completion (download)  
**3700P Flash Drive**.....\$599.00  
**3700S Streaming** (1 year) .....\$599.00

Visit [ActiveParenting.com/Streaming](http://ActiveParenting.com/Streaming) for more info on our Streaming Service

**Ready-to-Teach!**

**Jump-Start Package**  
 Contains 1 Standard Program Kit (▲Above), 15 Parent's Guides, and 6-month subscription to the CoCo Online Video Library  
**3708P Flash Drive** .....\$899.00  
**3700JS Streaming** (1 year)..... \$899.00

Call to add Streaming Service to your flash drive kit or for questions about renewals.

**NEWLY REVISED!**  
**SHORT COURSE** on page 22

**CLASS SUPPLIES**

**Parent's Guide**

Parent's Guides are necessary to maintain the integrity of the program and serve as an invaluable resource for parents after the class is over. They reinforce the skills presented in class and support parents as they put those skills into action at home.

**3703** Quantity discounts:

1-24..... \$24.95 ea.  
 25-99 ..... \$22.95 ea.  
 100+ ..... \$20.95 ea.



# NEWLY REVISED!



by Susan Boyan, M.Ed., LMFT, and Ann Marie Termini, Ed.S., MS, LPC

## COPARENTING SHORT COURSE

**4- to 6-hour seminar to help coparents!**  
Parental conflict during and after a divorce or separation can cause children emotional distress. The *Crossroads of Coparenting* seminar is built around a 5-step prevention model that helps coparents establish a positive, child-focused coparenting relationship.

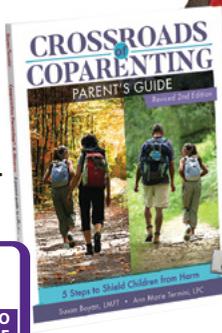
The *Crossroads* seminar helps coparents:

- Become aware of how their actions may harm their child.
  - Learn skills to reduce conflict and establish a long-term, positive coparenting relationship.
  - Stay child-focused, even during conflict.
- ...and more.

Crossroads is derived from the evidence-based *Cooperative Coparenting* program (see pages 20-21) and shares scenes from the same video.

### How the seminar works

This seminar combines video, activities, skill development, and group discussion. It is designed for a single 4-hour session and can be used with large or small groups. Optional activities extend the program to 6 hours.



**POWERPOINT WITH VIDEO STREAMING**

OR

**POWERPOINT WITH VIDEO ON FLASH DRIVE**

**SAMPLE VIDEO ON WEBSITE**

**POWERPOINT WITH VIDEO on FLASH DRIVE or STREAMING**  
(Streaming includes Virtual Teaching Rights)

## NEW! PRICE GUIDE NEW STREAMING!

### Standard Program Kit

26 minutes of video-embedded PowerPoint on **Flash Drive** or **Streaming** (1 year subscription), 1 Leader's Guide, 1 sample Parent's Guide, 1 Reproducible Certificate of Completion (download), Research Measurement Tools (download)

**3500P Flash Drive** ..... \$499.00

**3500S Streaming** (1 year) ..... \$499.00

### Jump-Start Package

Contains 1 Standard Program Kit (▲Above), PLUS 15 Parent's Guides

**3508P Flash Drive** ..... \$699.00

**3500JS Streaming** (1 year) ..... \$699.00



### 3501 Parent's Guides Must-Haves!

Parent's Guides are necessary to maintain the integrity of the program and serve as an invaluable resource for parents after the class is over. They reinforce the skills presented in class and support parents as they put those skills into action at home. Quantity discounts:

- 1-24..... \$14.95 ea.
- 25-99 ..... \$13.95 ea.
- 100+ ..... \$12.95 ea.

**Visit [ActiveParenting.com/Streaming](http://ActiveParenting.com/Streaming) for more info on our Streaming Service**



by Michael H. Popkin, PhD, & Elizabeth Einstein, MA, LMFT

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

**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.

**Leader Training**

See pages 26-29 for details and dates.



**PRICE GUIDE** *NEW STREAMING!*

**Standard Program Kit**

202 minutes of video-embedded PowerPoint (51 slides) on **Flash Drive** *or Streaming* (1 year subscription), 1 Parent's Guide, 1 Reproducible Certificate of Completion (download), 2 Course Announcement Posters, Research Measurement Tools (download)  
**1940P Flash Drive** ..... **\$449.00**  
**1940S Streaming** (1 year)..... **\$449.00**

**Jump-Start Package**

Contains 1 Standard Program Kit (◀Left), PLUS 15 Parent's Guides and 6-month subscription to the APSF Online Video Library  
**1949P Flash Drive**s ..... **\$649.00**  
**1949S Streaming** (1 year)..... **\$649.00**

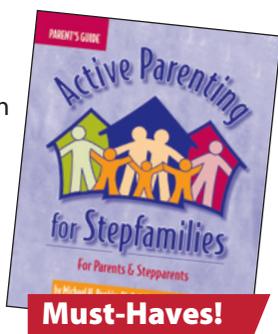
**Best Value!**

**Online Video Library add-on**

The Video Library is a great way to share all of the video (without slides) with parents to reinforce lessons. Each video is 21-46 minutes long and comes with downloadable discussion guidelines and Parent's Tips Sheets. Can be used in your resource room, for home visits, and at parent meetings. Must own kit to add this service and should not be used as a class.  
**1920LC** Annual subscription..... \$298.00

**Parent's Guide**

Parent's Guides are necessary to maintain the integrity of the program and serve as an invaluable resource for parents after the class is over. They reinforce the skills presented in class and support parents as they put those skills into action at home. See our website for quantity discounts:  
**1943 Parent's Guides**..... **\$16.95**



**Must-Haves!**



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.

**POWERPOINT WITH VIDEO STREAMING** OR **POWERPOINT WITH VIDEO ON FLASH DRIVE** **SAMPLE VIDEO ON WEBSITE** **Illumination Book Awards WINNER**

**PRICE GUIDE** *NEW STREAMING!*



**Standard Program Kit**

197 minutes of video-embedded PowerPoint (128 slides) on **Flash Drive** or **Streaming** (1 year subscription), 1 Leader's Guide, 1 Parent's Guide, 1 Parent's Workbook, 1 Reproducible Certificate of Completion (download), 1 Key Points Magnet, 2 Course Announcement Posters, Research Measurement Tools (download)

**1991 Flash Drive** .....\$549.00  
**1991S Streaming** (1 year) ..... \$549.00

**Jump-Start Package**

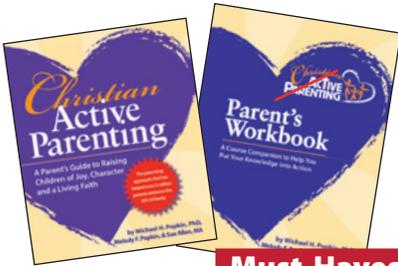
Contains 1 Standard Program Kit (▲Above), PLUS 15 Parent's Guides, 15 Parent's Workbooks, 15 Key Points Magnets, and 6-month subscription to the CAP Online Video Library

**1999P Flash Drive** .....\$849.00  
**1999JS Streaming** (1 year)..... \$849.00

**Online Video Library add-on**

The Video Library is a great way to share all of the video (without slides) with parents to reinforce lessons. Each video is 28-42 minutes long and comes with downloadable discussion guidelines and Parent's Tips Sheets. Can be used in your resource room, for home visits, and at parent meetings. Must own kit to add this service and should not be used as a class.

**1980LC** Annual subscription. .... \$298.00



**Must-Haves!**

**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.

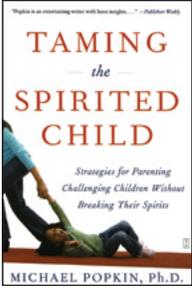
Find out about Online Parenting Classes: [ActiveParenting.com/Online-Parenting-Classes](http://ActiveParenting.com/Online-Parenting-Classes)



Also recommended...

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**

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.**

GAMES FOR LEARNING



**Dr. Playwell's card games**

by Larry Shapiro

These fun card games teach children valuable skills. Games contain 52 playing cards, 10 strategy cards, and 12 follow-through cards. For 2-4 players, ages 6-12.

- 7124 Positive Thinking ..... \$27.95**
- 7125 Coping with Stress ..... \$27.95**
- 7126 Caring About Others ..... \$27.95**
- 7127 Communicating Feelings ..... \$27.95**
- 7128 Controlling Your Anger ..... \$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**

SPANISH

**Self-Calming Cards**

by Elizabeth Crary & Mits Katayama

24 illustrated cards describe different self-calming strategies—physical, auditory/verbal, visual, creative, and more. Includes 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. 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**

# Expand your reach with Leader Training Workshops

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 40 years—leaders just like you.

We offer virtual and in-person (private) training opportunities in a live setting. 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

**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, x3.

### 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 program kit, the Certification packet, clock hours (if necessary), 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.



### Atlanta • In-Person July 9-11, 2025

REGISTER BY 5/9/25 USING CODE: 100TOT & SAVE \$100!

### Pricing Information

Register before  
May 9, 2025 **SAVE \$100** .... \$749 ~~\$649~~  
Register after May 9, 2025 ..... \$749

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

**Special offer: register 3, get 4th free!**  
Train your entire team & save!

• 800-825-0060 x 3 •

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 in Atlanta July 9-11, 2025.** Spots are limited so register early! Upon completion of the TOT, you can earn up to 20 clock hours from NBCC and be on your way to gaining certification!



### 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. 3 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 parenting knowledge. 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** introduces 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 (*First Five Years* and *Active Parenting 4th Ed* only). This course explores the curriculum in detail. Using the digital 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.

### 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.

### What do I get?

With registration you will get 24/7 access to your class during the 60-day enrollment

period, access to the Discussion Forum, and clock hours from NBCC. With Part #2 you will also receive access to the digital Leader's Guide and Parent's Guide, 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**

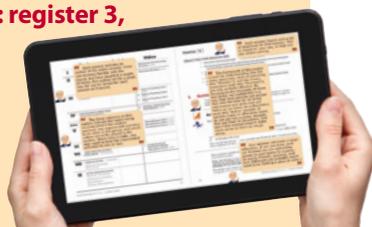
#### Active Parenting 4th Ed. Leader Training

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.



*After attending a class as a parent, I wanted to bring this information to other parents who may be struggling. I enrolled in the Leader Training and I was not disappointed! There was so much information, so much interaction, and a lot of laughter. This was, by far, the best training I have ever attended.*

- Kelly T.

## 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 good Internet connection. Most webinars begin at 9am U.S. Central Time and last 7 hours. The confirmation email will list the date and times. There will be breaks throughout the day including a one-hour lunch break.

### Here's what you get:

- Free Leader's Guide and Parent's Guide
- 15% off the program kit
- Up to 10 hours of live instruction online
- **Up to 10 clock hours from NBCC**, if needed
- Certification packet
- Certificate of Attendance

### For more information...

Go to our website for complete details: [ActiveParenting.com/WLTW](http://ActiveParenting.com/WLTW)

### Pricing Information

**1-Day Webinar ..... \$189.00**  
**2-Day Webinar ..... \$279.00**  
 Must register 1 week in advance to receive materials before the webinar.

**Special Offer: register 3, get 4th free!**  
 • 800-825-0060 x 3 •

Call to schedule a custom webinar.

## 2025 Dates

Most webinars begin at 10am Eastern/9am Central and last 7 hours. The *Cooperative Coparenting* Webinar is 10 hours over 2-days. Must register a week in advance to receive materials before the webinar date. *Dates are added often! See our website or give us a call.*

### LIVE WEBINARS

**Active Parenting: First Five Years (p. 6)**  
 Live Webinar ..... March 25, 2025  
 Live Webinar ..... June 3, 2025

**Active Parenting 4th Edition (p. 10)**  
 Live Webinar ..... April 1, 2025  
 Live Webinar ..... June 10, 2025

**Active Parenting of Teens (p. 14)**  
 Live Webinar ..... April 8, 2025  
 Live Webinar ..... June 17, 2025  
**Active Parenting for Stepfamilies (p. 22)**  
 Live Webinar ..... May 13, 2025

**Families in Action (p. 19)**  
 Live Webinar ..... February 18, 2025  
 Live Webinar ..... April 22, 2025

**Cooperative Coparenting (p. 20) 2-DAY**  
 Live Webinar ..... February 25-26, 2025  
 Live Webinar ..... May 6-7, 2025

**Crossroads of Coparenting (p. 22) NEW!**  
 short-course  
 Live Webinar ..... March 18, 2025

**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!

**Active Parenting 40th Anniversary Tumbler**

This colorful tumbler makes a great gift or door prize! It's perfect for keeping drinks hot or cold.

- 18 oz Double-Wall insulated travel/coffee cup with sip-through lid
- Fits most auto cup holders
- Top-rack dishwasher safe

- Molded from reusable and recyclable Polypropylene BPA-free

**40TUM ..... \$14.95**

**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.)



**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 ..... \$15.95**  
(Quantity discounts available.)



**50 Ways to Say I Love You Mini-Poster**

This colorful mini-poster is printed on heavy glossy paper. Use them as give-aways to help parents remember the power of encouraging words. Size is 8 1/2" x 11".

**7171 ..... \$1.50**

(Quantity discounts available.)



Sign up for our eNews and we'll give you FREE access to the **Doc Pop's 52 Weeks Video Series!**

**ORDERING INFORMATION**

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

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or complete refund. You pay only the return shipping charges. Please return materials by a trackable method—UPS, FedEx, USPS. See **ActiveParenting.com/Guarantee**. Questions? Please contact Customer Service at 800-825-0060 x2 or [customer@activeparenting.com](mailto:customer@activeparenting.com).

**Terms:** All prices are in U.S. dollars. Prices subject to change without notice. Prepayment required unless net 30 payment terms have been previously established. A \$35 processing fee will be charged to payments made by wire transfer.

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**Order Form on page 31.**



Get 5 **FREE** parenting concepts magnets on orders of \$99 or more using promo code: **CAT25A001** (expires 6/30/25)

# ENJOY THE CONVENIENCE & FLEXIBILITY OF STREAMING!

Cover all the ages & stages with our award-winning line of video-based parenting education programs—**NOW AVAILABLE TO STREAM!** Written by parenting expert Dr. Michael Popkin, the Active Parenting Suite provides three evidence-based curriculums used by thousands of educators worldwide. Available in English and Spanish.

Birth to age 5



page 6

**ACTIVE PARENTING**  
**First Five Years™**

Spanish Version page 9

Ages 5 to 12



page 10

**ACTIVE PARENTING**  
*4th edition*

Spanish Version page 13

Ages 12 to 18



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Active Parenting  
**of Teens : )**  
third edition

Spanish Version page 17



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**800-825-0060 x 2**  
or email : [customer@activeparenting.com](mailto:customer@activeparenting.com)