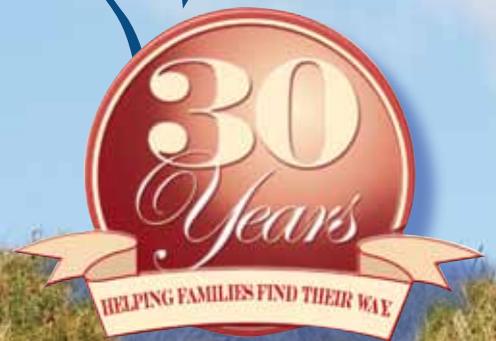




Join the celebration!

Take \$30 off your order.

See page 2 for details.



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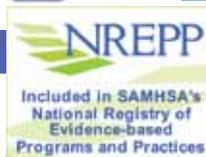
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About Active Parenting Publishers

Led by our 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 in the past 30 years.

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 Customer Service at 1-800-825-0060 or go to our site: www.ActiveParenting.com/Guarantee.



See p. 10,12,14

Let's make 2013 a lucky year for families

After a busy fall of speaking at conferences and communities around the country, my wife and I ended with a visit to friends in New York, where we heard a wonderful singer named Liz Callaway. She ended her set with some encouraging words about the fact that the long election was finally over and it was time to reunite as a people. Then she sang a stirring rendition of "A Cockeyed Optimist," from the musical South Pacific by Rodgers and Hammerstein:

*When the sky is a bright canary yellow
I forget every cloud I've ever seen
So they call me a cockeyed optimist
Immature and incurably green*

The leaders and parents I've met around the country seem pretty optimistic themselves. I know they haven't lost their enthusiasm for parenting education and other programs designed to benefit children and families. And at least the pessimists are no longer spending millions on TV ads.



*I hear the human race
is falling on its face
And hasn't very far to go
But every whip-poor-will is selling me a bill
And telling me it just ain't so*

As the recovery continues to gain steam, money is becoming more available to fund the kinds of programs and services you provide so that children can truly thrive. No, we aren't all the way back yet, but we are moving in the right direction—and that's a good thing for families.

*I'm stuck like a dope with a thing called hope
And I can't get it out of my heart
Not this heart*

I hope you're "stuck" too, and together we'll make 2013 a great year for families.

Optimistically,

Michael H. Popkin

Michael Popkin
Founder and President
Active Parenting Publishers



We're turning 30—and the birthday gift is for you!

It's been 30 years since Active Parenting Publishers introduced the world's first video-based parenting education program. We invite you to help kick off our anniversary celebration with this special offer:

**Take \$30 off your order of \$300 or more.
Offer expires March 30, 2013.**

This offer is limited to one per customer; the Promo Code shown on the back of this catalog must be provided with the order.

And that's not all! We're going to celebrate all year long with monthly specials. Be sure to check the web site regularly or join our e-news list to stay informed.



*Helping families thrive
since 1983*

4
Formats

Great content.



Program kit for a
comprehensive live class

Evidence based.



Video library for parent
resource centers

Creative design.



Lunch & learn for short,
informal classes

Cost effective.



Online learning, the perfect
way to reach parents in
their homes

The leader in video-based parenting education since 1983

Join the thousands of leaders and millions of parents who have benefited from Active Parenting! Led by founder and author Michael H. Popkin, Ph.D., Active Parenting Publishers provides high quality, video-based parenting and character education programs to professionals who work with families. Our 14 programs work together to cover all the ages and stages of parenting—each espousing the philosophy of **nonviolent discipline, mutual respect, open communication, and proactive risk-prevention**. See pages 4-5 for a list of topics.

In order to help you reach as many families as possible, our programs are available in a variety of easy-to-use formats. Most are also available in Spanish. This year, Active Parenting is proud to celebrate 30 years as the leading provider of parenting education programs. Join the Active Parenting family and help make the next 30 years great for families in your community.



Helps parents raise responsible children (ages 5 to 12) who are able to resist negative peer pressure. Demonstrates non-violent discipline, open communication, and effective encouragement skills.

Pages 10-11

FORMATS

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library

Also available in a 3-session program (p. 23) & Spanish (p. 29)



Includes 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 and a focus on risk-prevention strategies.

Pages 12-13

FORMATS

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library

Also available in Spanish (p. 32)



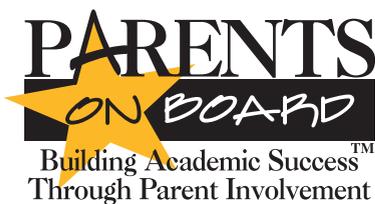
Addresses basic parenting skills, including non-violent discipline techniques for toddlers that really work. Perfect for new parents and early childhood staff training. Created by Active Parenting Publishers and Children's Healthcare of Atlanta.

Pages 8-9

FORMATS

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library

Also available in Spanish (p. 26)



Helps parents of children in grades K-7 learn how to support their children's schoolwork, build a good relationship with teachers, and create a good study environment. This parent involvement program helps parents and teachers become partners in a child's education.

Pages 24-25

FORMATS

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library

Also available in Spanish (p. 31)



Gives parents and teens critical tools for the challenging teen years: communication, mutual respect, conflict resolution, and more. Plus powerful information about preventing problems with drugs, alcohol, sex, and violence.

Pages 14-15

FORMATS

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library

Also available for teens only (p. 38)



A 4- to 6-hour seminar that meets the requirements of many courts for divorcing parents. In this class you will help parents become aware of how their actions may inadvertently harm their children, while providing them with the skills they need to stay child-focused.

Page 18

FORMATS

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library



Helps divorcing parents learn to shield their children from parental conflict while establishing a positive new relationship as co-parents. Teaches the practical skills needed to manage anger, increase impulse control, resolve conflict and communicate effectively.

Page 19

FORMATS

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library

Also available in Spanish (p. 31)



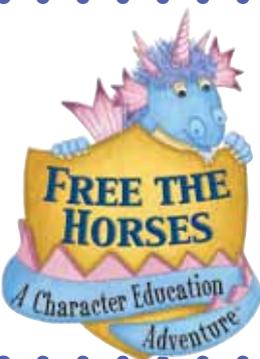
A comprehensive parenting program and stepfamily prep program all rolled into one. Teaches how to build a new family and how to use positive communication and negotiation skills to strengthen both marriage and family.

Pages 20-22

FORMATS

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library

Also available in a 3-session program (p. 22)



Teaches children ages 5 to 9 to believe in themselves, their talents, and their dreams... all while facing life's challenges. An action-packed character education program that is great for school, camp, church, and youth organizations.

Page 37

FORMATS

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library



Offers important prevention and communication skills that teens and 'tweens will use at school, at home, and in life. This new program features high-energy games, entertaining video, and get-real discussion.

Pages 38-39

FORMATS

- Program Kit
- Video Library
- Lunch & Learn
- Online Video Library

Also available for parents and teens (p. 14-15)



Active Parenting Publishers—the world leader in online parenting

Check out the new Active Parenting Online Learning Center, a unique collection of resources for parents, educators, and anyone interested in helping children and their families. And it's all online! We offer three

convenient ways to get online education:

- ① Online Video Library - all our video series available on demand.
- ② Online classes - three parenting classes are now available online: *Active Parenting Now*, *Active Parenting of Teens*, and *Crossroads of Parenting & Divorce*.
- ③ Online Leader Training - now available! Sharpen your skills and become a better facilitator.

For more details about all our Online Learning Center options, go to www.ActiveParenting.com/APOLC

New Series!

Active Parenting Online Video Library



Save 50%

Pricing Information

Reach parents at home with the Online Video Library

In a world of Twitter, texting, and YouTube, the parents in your community expect to find help online. Be a hero with the new Active Parenting Online Video Library (OVL), a unique collection of our award-winning videos available on the Internet. With the OVL, they'll be able to learn more about the most important job in the world: being a parent!

The Online Video Library is an easy and affordable way to provide high-quality parenting videos for all ages and stages of childhood. Share it with the parents you serve for one affordable subscription (up to 500 parents). All they need is an Internet connection—and an access code from you.

Take the tour and see for yourself!

The Online Video Library is the key to a worry-free, easy-to manage parenting library!

- **Trustworthy:** evidence-based programs from Active Parenting, the leader in video-based parent education for 30 years
- **Affordable:** a low annual subscription price gives parents access to any of 66 videos—over 25 hours of video in all.
- **No hassle:** we handle all technical details on our end
- **Easy:** we provide time-saving tools to help you get the word out

Call or check our website today for details and to take a free tour of the Online Video Library! To take the tour, go to ActiveParenting.com/OVL.

The Online Video Library is available as an annual subscription. Save 50% when you order or own the corresponding Program Kit, Video Library, or Lunch & Learn.

OVL - Complete Set

All 66 videos. \$699/yr

OVL - Individual Series

1,2,3,4 Parents! \$119/yr
 Active Parenting Now \$239/yr
 Active Parenting of Teens \$239/yr
 Active Parenting/Stepfamilies \$239/yr
 Parents on Board. \$119/yr
 BabyCare Workshop \$119/yr
 Families Talk About **NEW!** . . . \$239/yr

OVL - Individual Series in Spanish

¡1,2,3,4 Padres! \$119/yr
 Padres Activos Ahora \$239/yr
 Paternidad/Adolescentes . . . \$239/yr
 Padres a Bordo. \$119/yr
 BabyCare Workshop **NEW!** . . . \$119/yr
 Las Familias Hablan Sobre \$239/yr

For more details, see our website: www.ActiveParenting.com/OVL



Offer parenting classes from the comfort of home

Now parents can take an Active Parenting class any time, day or night, when and where they want. The Active Parenting Online Group “meets” over the Internet. Each class combines entertaining video with online group discussion and activities. Because it’s an online parenting class, parents can complete the lessons wherever and whenever they would like, and review past lessons as many times as you need. A moderated online forum also allows them to connect

with other parents to hold discussions, and a certificate is provided upon completion of the class.

Three of our most popular classes are now available online:

- *Active Parenting Now*
- *Active Parenting of Teens* **NEW!**
- *Crossroads of Parenting & Divorce*

Call us to learn how to buy these classes in bulk in order to offer them to parents! For more details, go to www.ActiveParenting.com/APOG.

Pricing Information

Active Parenting Now Online Group

X3600 \$69.95

Active Parenting of Teens Online Group **NEW!**

X3602 \$69.95

Crossroads of Parenting & Divorce Online Group

X3601 \$69.95

Quantity discounts available. Please inquire.

For more details, see our website: www.ActiveParenting.com/APOG

New

For Leaders!

Online LEADER TRAINING WORKSHOPS

Get leader training, earn CEUs . . . online

At the *Active Parenting Now* Online Leader Training Workshop, you will gain a deeper understanding of the principles behind the program, learn how to lead good discussions, and even learn how to handle those “gotcha” questions that some parents just love to ask. All from the convenience of your home or office.

Pack a lot of information into one class

Part 1: “How to Lead a Great Parenting Group” (3 hours) gives you key skills for leading a successful group, picking a good curriculum, and being a good class problem-solver.

Part 2: “Active Parenting Now Leader Training” (22-27 hours including reading time) explores our flagship program in depth. You will learn how to present the concepts, how to guide fruitful parent discussions, and how to run the activities that make the class so memorable. Comes with a copy of the Leader’s Guide and the Parent’s Guide to make notes.

Bonus: The OLTW is your first step toward becoming a certified Active Parenting leader!

See page 58 for more information, or go to our website: www.ActiveParenting.com/OLTW.



Pricing Information

Active Parenting Now Online Leader Training Workshop

Part 1 - “How to Lead a Great Parenting Group” \$49.95

Part 2 - “Active Parenting Now Leader Training” \$159.95

Parts 1 and 2 Combo \$169.90

Register 3, get 1 free!

Get a head start on your classes!

Add the *Active Parenting Now* program kit to your OLTW registration and save 20%! *Active Parenting Now* kit X1900D ~~\$399~~ \$319.20

For more details, see our website: www.ActiveParenting.com/OLTW



Parents!

Parenting Children Ages 1 to 4

by Michael H. Popkin, Ph.D., Betsy Gard, Ph.D.,
and Marilyn Montgomery, Ph.D.

Format
1 Video & Discussion Program

This video-based program is perfect for new parents and early childhood staff training. It addresses basic parenting skills, including non-violent discipline techniques that really work. Created by Active Parenting Publishers and Children's Healthcare of Atlanta.

It's easy to lead this interactive video and discussion program!

The 1,2,3,4 Parents! program is designed for groups of 10 to 20 parents. We recommend holding 3 sessions lasting 90 minutes each, but the format is flexible. The Leader's Guide, included in the program kit, tells you when to play the video and when to stop for discussion. The easy-to-read Parent's Workbook offers examples, charts and worksheets so parents can practice their new skills at home. It is also great for daycare staff development programs.

4
convenient
formats

In three 90-minute sessions, parents will learn:

Session I: You & Your Child

- Getting acquainted
- Parenting: A special job
- The ages and stages of development
- How will you parent?
- Building the bond between your child and you
- Activities to try at home

Session II: Preventing Problems

- Share and tell
- How to use non-violent discipline skills
- Tips on avoiding accidents and problems
- The "A-C-T" of parenting
- About rules

Session III: Encouraging Positive Behavior

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

Save \$69



Pricing Information

Jump-Start Package

- 1 Standard Program Kit (see below)
 - 15 Parent's Workbooks & Tips Booklets
 - 15 Parent Completion Certificates
 - 1 PowerPoint Presentation
- X1633D \$459.00**

Standard Program Kit

- 1 DVD (26 MIN.)
 - 1 Leader's Guide
 - 1 Parent's Workbook & Tips Booklets
 - 1 sample Parent Certificate
 - 2 Course Announcement Posters
 - 1 Reproducible Flyer (download)
 - Research Tools (download)
- X1600D \$249.00**

Add the Online Video Library for \$59 per year. See page 6.

For details about the Spanish version, see page 26.

Additional Parent's Workbooks

Tips booklet with each book ordered!

| | |
|---------------------|-------------|
| X1603 (Recommended) | |
| 1-24 | \$14.95 ea. |
| 25-99 | \$13.95 ea. |
| 100+ | \$12.95 ea. |

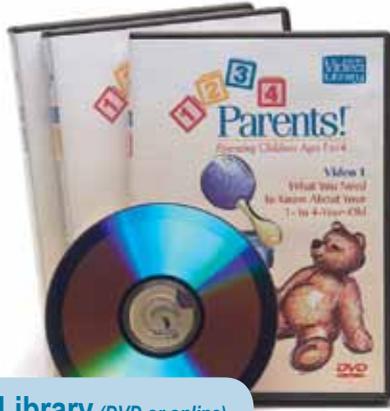
When you need extras...

| | |
|-------------------------------------|---------|
| Parent Certificates (15) | |
| X1607 | \$6.00 |
| Course Announcement Poster | |
| X1605 | \$2.00 |
| Leader's Guide | |
| X1602 | \$24.95 |
| PowerPoint Presentation (24 slides) | |
| X1614 on disk | \$49.00 |
| X1614E online download | \$49.00 |



Produced in association with





Also in Spanish!
(see page 27)

● *“We’ve used several curriculums but 1,2,3,4 Parents! is my favorite because the leader’s guide is so easy to use.”*
- Toni Childress
Early Childhood Initiative Coordinator
Franklin County, Georgia

Formats
2-3 Video Library (DVD or online)

Format
4 Lunch & Learn Program

1,2,3,4 Parents! Video Library

The *1,2,3,4 Parents!* Video Library, available on DVD or online, contains the same great video scenes from the discussion program, rearranged by topic and united by additional narration. Each of the 3 videos in the series is under 20 minutes. DVDs come with discussion guidelines and a reproducible Parent’s Tips Sheet on CD. (See page 27 for this series filmed in Spanish.)

The *1,2,3,4 Parents!* Lunch & Learn program makes it easy to offer a series of 3 short (30-40 minutes) parenting classes. The Lunch & Learn program kit contains:

Video #1: “What You Need to Know about Your 1- to 4-Year-Old”

Learn the four stages of child development and how to enhance a child’s learning at each stage. Learn about the three parenting styles and discover how to begin building a lifelong bond with your child. (17 min.)

X1881D \$69.95

Video #3: “Building Better Behavior”

Discover how the power of encouragement helps children learn positive behavior at an early age. Understand the importance of parents taking care of themselves as well as their children. (15 min.)

X1883D \$69.95

Video #2: “Discipline and Beyond”

Learn non-violent discipline skills that really work, and how to set rules that your young child can understand and follow. (12 min.)

X1882D \$69.95

- *1,2,3,4 Parents! Video Library* (described at left)
- 1 Leader’s Guide
- 1 Parent’s Workbook
- 1 “Raising Children” Tips Booklet
- 1 sample Parent Certificate
- 2 Course Announcement Posters
- 1 B&W Reproducible Flyer
(available online as a download)

X4102D \$249.00

Add the Online Video Library for \$59 per year. See page 6.

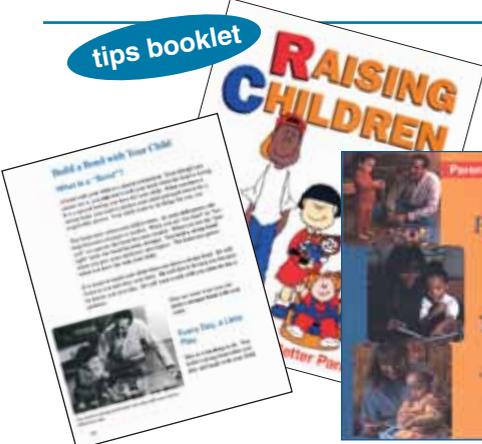


Best Value!

SAVE \$30! (Set of 3)
X1880D (English) \$179.00

Add the Online Video Library for as little as \$59 per year. See page 6.

• **Set of 3 ONLY \$129.00** when you order or own the Program Kit! •



X1603 1,2,3,4 Parents! Parent’s Workbooks - with free Tips Booklet

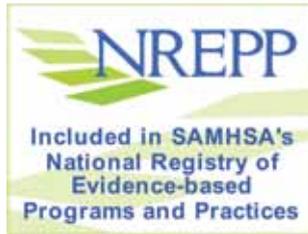
The Parent’s Workbook (83 pp.) is written at a low reading level and contains the skills, activities, and at-home practice needed to turn your class into a dynamic experience. A “Raising Children” Tips Booklet (10 pp.) comes with every Parent’s Workbook. See pricing on page 8.

A Parent’s Workbook:

- helps parents arrive ready to participate
- provides worksheets for activities
- is filled with photos from the video
- offers ideas for practice at home



by Michael H. Popkin, Ph.D.



4
convenient
formats



Pricing Information

Jump-Start Package

- 1 Standard Program Kit (see below)
 - 15 Parent's Guides
 - 15 Parent Completion Certificates
 - 15 Key Points Magnets
 - 1 PowerPoint Presentation
- X1909D \$599.00**

Standard Program Kit

- 2 captioned DVDs (156 MIN.), 1 Leader's Guide, 1 Parent's Guide, 1 sample Parent Certificate, 2 Course Announcement Posters, 1 Reproducible Flyer, 1 Key Points Magnet, Research Measurement Tools (download)
- X1900D \$399.00**

Add the Online Video Library for \$119 per year. See page 6.

Also available: other editions of this program in Spanish (p. 29) Korean, Japanese, Arabic, and Cantonese (please inquire).

For a shorter version of this program, see page 23.

- X1903 Additional Parent's Guides
- X1917 Basics Parent's Guides
(for lower reading levels)
- 1-24 \$14.95 ea.
- 25-99 \$13.95 ea.
- 100+ \$12.95 ea.

Active Parenting Now AudioBook
X1918 \$17.95 ea.

When you need extras...

- Parent Certificates (15)
- X1904 \$6.00
- Course Announcement Poster
- X1905 \$2.00
- Leader's Guide
- X1902 \$29.95
- PowerPoint Presentation (47 slides)
- X1908 disk or download . . \$49.00
- Key Points Magnets (pkg/5)
- X7082 \$7.50

Format 1 Video & Discussion Program

Over 2 million parents trained!
Active Parenting Now combines video, activities and discussion to help parents raise responsible children who are able to resist negative peer pressure. Designed for parents of children ages 5 to 12, the program also demonstrates non-violent discipline techniques and effective encouragement skills. The video (156 min.) features families of different races and configurations.

Easy to lead

The Leader's Guide gives you step-by-step instructions on how to lead each session. Parents follow along using their Parent's Guides. Each of the 6 sessions is designed to last 2 hours, but the program is flexible and can be tailored to suit your group's needs.

In six 2-hour sessions, parents will learn:

Session I: The Active Parent

- Styles of parenting
- Mutual respect and how to get it
- Drugs, sexuality and violence
- Caring for the caregiver

Session II: Winning Cooperation

- Emotional intelligence
- Active communication
- The Think-Feel-Do cycle

Session III: Responsibility and Discipline

- Teaching responsibility
- Effective non-violent discipline
- "I" messages
- Logical consequences

Session IV: Understanding and Redirecting Misbehavior

- Why children misbehave
- The 4 goals of behavior

Session V: Building Courage, Character, and Self-Esteem

- Success & Failure Cycles
- The BANK method of encouragement
 - Stimulating independence

Session VI: The Active Family Now

- Parents influencing events
- Family meetings

Need a shorter program? See page 23





Also in Spanish!
(see page 28)

“Active Parenting Now immediately begins addressing issues . . . that parents want. Then they return and say, ‘this is working’.”
- Pat Geimer, M.S.
Caring About People, Inc.
Fort Wayne, Indiana

Formats
2-3 Video Library (DVD or online)

Format
4 Lunch & Learn Program

Active Parenting Now Video Library

The *Active Parenting Now* Video Library, available on DVD or online, contains all the same great video scenes from the discussion program, rearranged by topic and united by additional narration. Each of the 6 videos in the series is 25-30 minutes long. DVDs come with discussion guidelines and a reproducible Parent’s Tips Sheet on CD. (See page 28 for a version of this Video Library dubbed in Spanish.)

Video #1: “Parenting in the 21st Century: What’s your style and how does it influence your child?”

Understand the dictator, doormat and active styles of parenting and learn how giving choices reduces power struggles and promotes cooperation. (26 min.)

X1911D \$69.95

Video #2: “Active Communication: How to win cooperation with your child”

Learn communication skills that help to solve problems without violence while strengthening the parent-child relationship. (26 min.)

X1912D \$69.95

Video #3: “Effective Discipline: How to raise a responsible child”

Learn proven non-violent discipline techniques that also teach responsibility; explore how the “think-feel-do” cycle guides a child’s decision-making process. (25 min.)

X1913D \$69.95

Video #4: “Sidestepping the Power Struggle: Redirecting your child’s misbehavior”

Identify what a child really wants when he misbehaves, and discover how to redirect his approach to four goals of behavior; learn how to diffuse a power struggle using the “FLAC” method. (25 min.)

X1914D \$69.95

Video #5: “Building Character, Courage, and Self-Esteem in Your Child”

Learn how to impart essential values while building on a child’s strengths using the “BANK” method of encouragement. (23 min.)

X1915D \$69.95

Video #6: “The Magic of Family Meetings: Teaching problem-solving and positive values”

Introduce conflict resolution, family meetings and ways to discuss drugs, alcohol, violence and sexuality. (28 min.)

X1916D \$69.95

The *Active Parenting Now* Lunch & Learn program makes it easy to offer a series of 6 short (50-60 minutes) parenting classes. The Lunch & Learn program kit contains:

- *Active Parenting Now Video Library* (described at left)
- 1 Leader’s Guide
- 1 Parent’s Guide
- 1 Key Points Magnet
- 1 sample Parent Certificate
- 2 Course Announcement Posters

X4107D \$399.00

Add the Online Video Library for \$119 per year. See page 6.



Add the Online Video Library for as little as \$119 per year. See page 6.

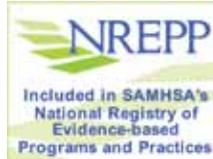
Best Value!

Save \$70 (Set of 6)
X1910D..... \$349.00

• **Set of 6 ONLY \$229.00** when you order or own the Program Kit! •



by Michael H. Popkin, Ph.D.



See our website for details.



Format 1 Video & Discussion Program

4 convenient formats

Save \$79

Pricing Information

This video-based program is easy to lead and includes the essential Active Parenting model, plus discussions about technology, the latest in teen drug use prevention (including prescription drugs), teen bullying, and special attention to stepfamilies. It has a flexible structure allowing for shorter classes and a new focus on risk-prevention strategies.

- The flexible format makes it possible for you to offer:**
- A** a comprehensive 6-session course
 - B** a 2-part class, each comprised of 3 sessions. Do the first class and then the second as a follow-up.
 - C** a 4-session class for basics + in-depth skills practice
 - D** a 3-session class for basic Active Parenting skills (with a teenage twist)
 - E** a 2-session unit focusing on alcohol, tobacco, and other drugs (ATOD) prevention

Here's what you'll be teaching:

Session I: The Active Parent

- Teens today
- Styles of parenting
- Control vs. influence
- Mutual respect
- Method of choice

Session II: Winning Cooperation

- Who owns the problem?
- Active communication with teens
- The key of encouragement

Session III: Responsibility and Discipline

- Logical consequences and more
- Problem-solving with FLAC

Session IV: Building Courage, Redirecting Misbehavior

- The Think-Feel-Do Cycle
- Courage and self-esteem
- Five goals of teen behavior
- Eliminating power struggles

Session V: Drugs, Sexuality, and Violence

- Reducing the risks
- Overview of the issues
- Prevention strategies 1-4 (focus on sexuality)

Session VI: Drugs, Sexuality, and Violence - continued

- Prevention strategies 5-10 (focus on alcohol, tobacco, and other drugs)

Jump-Start Package

- 1 Standard Program Kit (see below)
- 15 Parent's Guides
- 15 Parent Completion Certificates
- 1 PowerPoint Presentation
- X4509D \$599.00**

Standard Program Kit

- 2 DVDs (150 MIN.)
- 1 Leader's Guide
- 1 Parent's Guide
- 1 sample Parent Certificate
- 2 Course Announcement Posters
- 1 Reproducible Flyer (download)
- Research Tools (download)
- X4500D \$399.00**

Add the Online Video Library for \$119 per year. See page 6.

For details about the Spanish version, see page 32.

Additional Parent's Guides

- X4503 (English) X4513 (Spanish)
- 1-24 \$14.95 ea.
- 25-99 \$13.95 ea.
- 100+ \$12.95 ea.

When you need extras...

- Parent Certificates (15)
- X4504 \$6.00
- Course Announcement Poster
- X4505 \$2.00
- Leader's Guide
- X4502 \$29.95
- PowerPoint Presentation (100 slides)
- X4507 on disk \$49.00
- X4507E online download . \$49.00

For more parenting resources, see our website.



EVIDENCE-BASED



Also in Spanish!
(see page 33)



Formats
2-3

Video Library (DVD or online)

Active Parenting of Teens Video Library

The *Active Parenting of Teens* Video Library, available on DVD or online, contains all the same great video scenes from the discussion program, united by additional narration. Each of the 6 videos in the series is 25-35 minutes long. DVDs come with discussion guidelines and a reproducible Parent's Tips Sheet on CD. (See page 33 for a version of this Video Library dubbed in Spanish.)

Video #1: "The Active Parent"

Learn about issues facing today's teens; explore different parenting styles; discover what parents can control and what they can influence; learn about mutual respect and the method of choice. (32 min.)

X4521D \$69.95

Video #2: "Winning Cooperation"

Problem-solving in families with teens; active communication skills; promoting cooperation between parents and teens. (24 min.)

X4522D \$69.95

Video #3: "Responsibility & Discipline"

How to discipline a teenager; using the FLAC method to solve problems; using logical consequences to set limits. (29 min.)

X4523D \$69.95

Video #4: "Building Courage, Redirecting Misbehavior"

Learn how the Think-Feel-Do Cycle affects a teen's courage and self-esteem; explore the five goals of teen behavior; power struggles and how to handle them. (34 min.)

X4524D \$69.95

Video #5: "Drugs, Sexuality, and Violence: Reducing the Risks, part 1"

Overview of the risks facing teens today and how parents can use their influence to prevent problems. Also explores issues of teen sexual behavior. (24 min.)

X4525D \$69.95

Video #6: "Drugs, Sexuality, and Violence: Reducing the Risks, part 2"

Explores six problem-prevention strategies relating to issues surrounding alcohol, tobacco, and other drugs (ATODs). (30 min.)

X4526D (English) \$69.95

Format
4

Lunch & Learn Program

The *Active Parenting of Teens* Lunch & Learn program makes it simple to offer a series of 6 short (50-60 minutes) parenting classes. The Lunch & Learn program kit contains:

- *Active Parenting of Teens Video Library* (described at left)
- 1 Leader's Guide
- 1 Parent's Guide
- 1 sample Parent Certificate
- 2 Course Announcement Posters

X4112D \$399.00

Add the Online Video Library for \$119 per year. See page 6.



Add the Online Video Library for \$119 per year. See page 6.

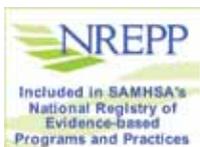


SAVE \$70 (Set of 6)
X4520D \$349.00

• **Set of 6 ONLY \$229.00** when you order or own the Program Kit! •



Active Parenting
of **Teens**
third edition



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

● "My favorite part about this program is how it gets teens and parents talking."

-Sue Cross
Chaffey Adult School
Ontario, California



Pricing Information

Save \$200

A program for bringing parents and teens together

There's no denying it. Parents and teens are often at odds—but it doesn't have to be that way. When parents and teens learn together, they will have a common language and skills for a smoother ride.

That's where the newly revised *Active Parenting of Teens: Families in Action* comes in. Based on the popular *Active Parenting of Teens* (p. 12), this program can be used to give families critical tools for the challenging teen years: communication, mutual respect, risk-prevention and more.

Three programs in one!

We've built in the flexibility you need to reach as many people as possible. Your new program kit can be used in three ways:

- a class for parents: *Active Parenting of Teens*
- a class for teens: *Teens in Action*
- a class for parents and their teens together: the new *Families in Action!*

In six 2½-hour sessions, parents and/or teens will learn all this and more:

Session I: Understanding each other

- What's going on in a teen's brain
- Mutual respect

Session II: Communication

- Active communication skills
- the Spiral of Success

Session III: Responsibility

- Choices and consequences
- Problem-solving

Session IV: Building Courage

- Four key encouragement skills
- Power through negotiation

Session V: Risk Prevention, Part 1

- The power of positive role models
- Talking about sexuality

Session VI: Risk Prevention, Part 2

- Tobacco, alcohol, and other drugs
- Bullying and relationship violence
- Peer pressure

(See pages 12 and 38 for a complete listing of session contents.)

Research proves it's effective!

Research on this program was published in the *Journal of Drug Education* and the *Journal of Primary Prevention*. *Families in Action* is listed in the OJJDP Model Programs Guide and NREPP.

An OJJDP Model program

New!



Research supports its effectiveness



3-in-1 Jump-Start Package

- 1 Standard Program Kit (see below)
 - 15 Parent's Guides
 - 15 Teen's Guides
 - 15 Responsibility Coins
 - 45 certificates (15 of each)
 - 1 Parent PowerPoint Presentation
 - 1 Parent/Teen & Teen PowerPoint
- X1739 \$898.00**

3-in-1 Standard Program Kit

- 2 parent class DVDs (150 MIN.)
 - 1 teen class DVD (approx. 130 MIN.)
 - 1 Parent's Guide
 - 1 Teen's Guide + Responsibility Coin
 - 1 set of Parent Handouts
 - 1 Parent Class Leader's Guide
 - 1 Parent/Teen & Teen Combo Leader's Guide
 - 1 sample Parent Certificate
 - 1 sample Teen Certificate
 - 1 sample Parent/Teen Certificate
 - Promotional & Marketing Tools
- X1730 \$549.00**

Additional Parent's Guides X4503

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

Additional Teen's Guides X1743

| | | |
|-------|-------|-------------|
| 1-24 | | \$13.95 ea. |
| 25-99 | | \$12.95 ea. |
| 100+ | | \$11.95 ea. |

When you need extras...

Completion Certificates (15)

| | | |
|-------------------------|-------|--------|
| X4504 Parent | | \$6.00 |
| X1744 Teen | | \$6.00 |
| X1734 Parent/Teen combo | .. | \$6.00 |

Leader's Guide

| | | |
|--------------------------|-------|---------|
| X4502 Parent | | \$29.95 |
| X1733 Parent/Teen & Teen | | \$29.95 |

PowerPoint Presentation

| | | |
|--------------------------|-------|---------|
| X4507 Parent | | \$49.00 |
| X1746 Parent/Teen & Teen | .. | \$49.00 |

See our website for more materials.

Teens-only program (see p. 38)
X1740 \$299.00

What's special about Active Parenting of Teens: Families in Action?



It's a parenting class!

Need a class just for adults? Here are six dynamic sessions for parents on how to guide their adolescents through the challenging teen years.

You could teach it any of three ways!



It's a life skills class for teens!

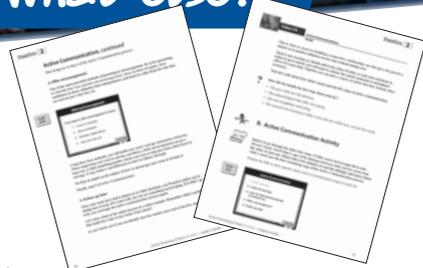
Working with youth? Use these six action-packed classes to share powerful communication and life skills teens will need throughout their lives.



It's a class for parents & teens together!

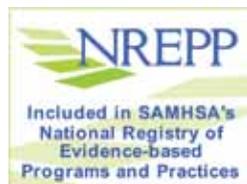
Well, almost together. When you lead this version of the program, you'll separate parents and teens for the classes described above. They'll come together at the end for an activity and to share what they've learned, Parents and teens—together at last.

What else?



Easy to lead

No training required! Step-by-step Leader's Guides tell when to play the video, what questions to ask for discussion, and how to run the energizing activities.



Based on research

Research on this program was published in two academic journals, and it is listed in SAMHSA's NREPP and the OJJDP Model Program Guide.



Full of fun!

Each class is filled with entertaining video, conversation, and activities. They'll even have memorable Participant's Guides to take home.

Successful Parenting™

by Barbara-Lynn Taylor, M.Ed.

Parenting ages 3-10



Successful Parenting is a popular set of short videos on a variety of essential parenting issues—great for Head Start, Even Start and home visits. Author Barbara-Lynn Taylor, M.Ed., is a teacher and

former school counselor.

Each video comes with a sample Parent Take-Home Booklet and a detailed Facilitator's Guide (download).

How does Successful Parenting help families?

With videos that:

- address basic parenting skills
- show real, culturally diverse families
- feature child development experts
- are great for placing in resource libraries for use by individuals
- have Facilitator's Guides to help you conduct a powerful workshop

Also in Spanish!
(see page 34)



"All parents should see this video and all counselors should have a copy."

- Sandra Hazouri

Elementary School Counseling Consultant
Raleigh, North Carolina
speaking of "Self-Esteem Is the Key"



The Heart of Parenting Self-Esteem Is the Key

Self-esteem is an important determinant of the future success of every child. This video offers ten practical suggestions for parents to use to build their child's self-esteem. (17 min.)

X3201D \$49.95
Additional Take-Home Booklets
X3251 . . . \$2.95 ea. 25+ . . . \$1.95 ea.

Communication Is Crucial

Good communication skills are essential for building a smoothly functioning family. Skills are presented through video segments modeling both effective and ineffective ways to communicate. (17 min.)

X3202D \$49.95
Additional Take-Home Booklets
X3252 . . . \$2.95 ea. 25+ . . . \$1.95 ea.

Discipline Makes the Difference

Presents a variety of discipline alternatives that teach responsible behavior and self-control without damaging a child's self-esteem. (17 min.)

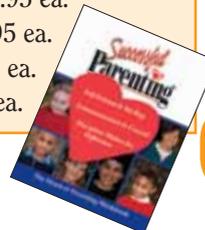
X3203D \$49.95
Additional Take-Home Booklets
X3253 . . . \$2.95 ea. 25+ . . . \$1.95 ea.

SAVE 15% Heart of Parenting (Set of 3)

X3200D \$129.95

Heart of Parenting Workbook

X3204 English or X3224 Spanish
1-9 \$12.95 ea.
10-19 \$11.95 ea.
20-49 \$10.95 ea.
50+ \$9.95 ea.



The Single Parent Family A Challenge for Children

Details the single parent family experience from the point of view of children and can be used individually or in groups with children who are six years and older. (15 min.)

X3206D \$49.95
Additional Take-Home Booklets
X3256 . . . \$2.95 ea. 25+ . . . \$1.95 ea.

A Challenge for Parents

Describes the single-parent family experience from the point of view of the parent. This video is for parents who've been there, are there, or are getting ready to go there. (27 min.)

X3207D \$49.95
Additional Take-Home Booklets
X3257 . . . \$2.95 ea. 25+ . . . \$1.95 ea.

School Success

School Success Takes Teamwork

This video shows parents what they can do to help their children succeed at school. Covers parental involvement, parent-teacher conferences, and communication. With specific suggestions by grade level. (17 min.)

X3208D \$49.95
Additional Take-Home Booklets
X3254 . . . \$2.95 ea. 25+ . . . \$1.95 ea.

Taming the Homework Monster

Tired of arguments, late nights and tears? This video helps parents understand and deal with homework problems. (17 min.)

X3209D \$49.95
Additional Take-Home Booklets
X3255 . . . \$2.95 ea. 25+ . . . \$1.95 ea.

Buy 6 get 1 FREE (Set of 7)

X3225D \$299.00

Best Value!

Families Talk About...™

series created by James Sayre, M.D. • produced by Rose Films, Inc.

• "...culturally sensitive in a positive way and gives good, constructive ideas for handling different situations."

- Beverly Riviera Cruz
Healthy Families Pasco
Dade City, Florida



Also in Spanish!
(see page 28)

Parents of at-risk children speak openly about their experiences in these warm and inspirational videos. A discussion guide is included with each.

Single Parenting

Urban parents who have sole custody of their children discuss the unique pressures in their family structures and how they have learned to overcome obstacles. These mothers and fathers offer solutions to issues such as discipline, role models, family support and dating. (23 min.)

X6401D \$79.95



Grandparents as Parents

Grandparents (and an aunt) talk about the challenges of becoming the primary caretakers of their grandchildren, including how they adjusted to their sudden new parenting responsibilities, dealing with the biological parents, legal issues, finding support, and planning for the future. (28 min.)

X6402D \$79.95

Wise Words on Discipline

Parents discuss the challenges of raising their children and modeling good behavior, as well as the importance of rules, discipline options, time-out for both kids and parents, and more. Meet parents like Dale, a single mother of four, who is learning to use creative alternatives. (18 min.)

X6407D \$79.95

X6543D open-captioned DVD ... \$79.95

Foster Parenting

Foster parents discuss why they decided to foster children, how they handle the challenges they face, and the rewards of helping children in crisis. (24 min.)

X6411D \$79.95

Fathers Matter

Urban dads—married, single, and divorced—reflect on what it means to be a father; their influence on the next generation; and new roles, challenges, and opportunities for fathers in a changing society. (19 min.)

X6404D \$79.95

X6544D open-captioned DVD ... \$79.95



Education Starts at Home

Parents demonstrate how to prepare infants and young children for a life of learning by providing a solid foundation of healthy behaviors. Meet parents such as Heather, who is raising two children while working towards her GED. (24 min.)

X6406D \$79.95

X6542D open-captioned DVD ... \$79.95

Bonding with Your Baby

From their own living rooms, four families share their parenting experiences from pregnancy through early school age. This video depicts ways to love, nurture and communicate with young children. (16 min.)

X6405D \$79.95

X6541D open-captioned DVD ... \$79.95

Marriage

Men and women of different backgrounds speak about the importance of marriage to themselves and to their children. They discuss the benefits of their marriage, how they strengthen their relationship, and how to handle conflict. (18 min.)

X6410D \$79.95

Encouraging Positive Activities

Married and single parents talk about the importance of healthy activities such as music, sports, daily chores, and family fun time. They advise other parents to help kids learn how to stick with something and not give up when it becomes difficult. (18 min.)

X6403D \$79.95



Save \$160! (Set of 9)
X6430D \$559.00



Add the Online Video Library for \$119 per year. See page 6.

CROSSROADS OF PARENTING & DIVORCE™

5 STEPS TO PREVENT DIVORCE ABUSE

by Susan Boyan, M.Ed., LMFT, and
Ann Marie Termini, Ed.S., M.S., L.P.C.

“... provides parents with the skills and insight to prevent divorce abuse. It is about time we had a divorcing seminar that focuses on prevention!”

-Nora Kalb Bushfield, Esq.
Collaborative Law Center, Atlanta, Georgia

A 4- to 6-hour seminar to help divorced or divorcing parents

Crossroads is a five-step seminar designed to **prevent divorce abuse**—a specific type of emotional abuse that divorcing parents cause when, in their anger and bitterness, they lose sight of their child’s needs.

This video-based seminar will help parents become aware of how their actions may inadvertently harm their children, show how to establish positive post-divorce co-parenting relationships, and provide them with the skills they need to stay child-focused while minimizing poor choices amidst conflict and loss.

Crossroads is derived from the evidence-based *Cooperative Parenting and Divorce* program (opposite page) and shares scenes from the same video.

How the seminar works . . .

This seminar combines video, activities, skill development and discussion.

It is designed for one session lasting 4 hours, and can be used with large or small groups. Optional activities extend the program to 6 hours. The Parent’s Guide provides vital information, examples, and exercises to support what they have learned. (The Parent’s Guide also stands alone and is useful even for parents who don’t take the class.) Certificates can be ordered for all attendees.

In just one session (4-6 hours), parents will learn:

- Step 1:** Keep your child out of the middle.
- Step 2:** Allow your child to love both parents.
- Step 3:** Work on your own recovery.
- Step 4:** Develop new communication skills.
- Step 5:** Create a positive new relationship as co-parents.

4-hour class



Pricing Information

Jump-Start Package

- 1 Standard Program Kit (see below)
 - 15 Parent’s Guides
 - 15 Parent Completion Certificates
 - PowerPoint Presentation
- X3409D \$429.00**

Standard Program Kit

- 1 DVD (20 MIN.)
 - 1 Leader’s Guide
 - 1 Parent’s Guide
 - 1 sample Parent Certificate
 - Promotional Materials and Forms (flyers, letters, & forms on CD)
- X3400D \$299.00**

Parent’s Guides

take parents through the course and will become an excellent home resource later. (64 pp.)

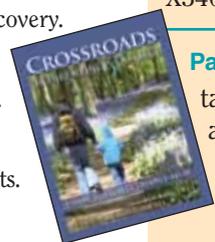
Additional Parent’s Guides

| | |
|---------------------|------------|
| X3403 (Recommended) | |
| 1-24 | \$9.95 ea. |
| 25-99 | \$8.95 ea. |
| 100+ | \$7.95 ea. |

When you need extras...

| | |
|-------------------------------------|---------|
| Parent Certificates (15) | |
| X3404 | \$6.00 |
| Leader’s Guide | |
| X3402 | \$39.95 |
| PowerPoint Presentation (19 slides) | |
| X3408 on disk | \$39.95 |
| X3408E online download | \$39.95 |

For more resources, see our website.



Cooperative Parenting and Divorce™

by Susan Boyan, M.Ed., LMFT, and Ann Marie Termini, Ed.S., M.S., L.P.C.

This video-based program helps divorcing parents shield their children from parental conflict. Parents learn to guide their children through the process of recovery while establishing a positive, long-term relationship with the child's other parent.

Ideal for court-ordered divorce seminars

- Designed to be the “next step” in the continuum of services for counties that have divorce seminars.
- Educates parents about the impact of their conflict on their child, as well as children’s issues in divorce.
- Teaches parents the practical skills they need to manage anger, increase impulse control, resolve conflict and learn how to communicate effectively.

How the program works . . .

The program is part video and part group discussion. It is designed for 8 sessions lasting 2–2½ hours each and is recommended for groups of 10 to 16 parents. The easy-to-read Parent’s Guide gives real-life examples and worksheets so parents can practice their skills at home.

● *“One ‘gift’ I can give divorcing couples is effective decision-making skills for their children. This program is a great opportunity for them to have that chance.”*

– Judge T. Jackson Bedford, Jr.
Superior Court, Fulton County, Georgia

Make a positive impact on parents in eight sessions (16-20 hours):

Session I:

- Child-Focused or Out of Focus: Making a Commitment to Care

Session II:

- Plan for Peace or Tug of War: Allowing My Child to Love Both Parents

Session III:

- Letting Go or Holding On: Changing My Long-Term Role

Session IV:

- Make It Better or Keep it Bitter: Choosing My Personal Path

Session V:

- Neither Fight Nor Flight: Managing My Anger

Session VI:

- Defuse or Light the Fuse: Taking Control of Conflict

Session VII:

- All A Winner or Winner Take All: Negotiating Agreements

Session VIII:

- Cooperation or Conflict: Co-Parenting is Forever

Save \$105



Parenting after divorce

Pricing Information

Jump-Start Package

- 1 Standard Program Kit (see below)
- 15 Parent’s Guides
- 15 Parent Completion Certificates
- PowerPoint Presentation

X3113D \$589.00

Standard Program Kit

- 1 DVD (36 MIN.)
- 1 Leader’s Guide
- 1 Parent’s Guide
- 1 sample Parent Certificate
- Promotional Materials and Forms (flyers, letters, & forms on CD)

X3100D \$349.00

For details about the Spanish version, see page 31.

Parent’s Guides

take parents through the course and will become an excellent home resource later. (201 pp.)

Additional Parent’s Guides

- X3103 (Recommended)
- 1-24 \$19.95 ea.
- 25-99 \$17.95 ea.
- 100+ \$15.95 ea.

When you need extras...

- Parent Certificates (15)
- X3104 \$6.00
- Leader’s Guide
- X3102 \$49.95
- PowerPoint Presentation (20 slides)
- X3108 on disk \$39.95
- X3108E online download \$39.95

Also in Spanish!
(see page 31)

EVIDENCE-BASED





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

Format 1 Video & Discussion Program

Active Parenting for Stepfamilies is a program to help parents and stepparents raise children in the challenging stepfamily environment. It also teaches how to use powerful communication and negotiation skills to strengthen marriage and family.

Active Parenting for Stepfamilies is a comprehensive parenting program as well as a stepparenting preparation program, all rolled into one. Designed for both parents and stepparents, it is also helpful for foster parents, adoptive parents, single parents and others affected by loss and change. The video features highlights from Active Parenting videos plus all-new scenes.

It's easy to lead!

The Leader's Guide gives you step-by-step instructions. Each session is designed to last 2½ hours, but the program can be tailored to suit your group's needs.



4 convenient formats

Save \$79

In 6 2½-hour sessions, parents & stepparents will learn:

Session I: Forming a new family

- Emotional baggage
- Realistic expectations
- Styles of parenting
- Mutual respect

Session II: Communication

- Roles of stepparents
- Effective communication
- Problem-handling model

Session III: Loyalties & Values

- Differences in values
- Setting limits (space, time, authority)
- Triangles/loyalty conflicts

Session IV: Discipline

- Effective, nonviolent discipline
- Logical consequences
- Stepfamily considerations

Session V: Power Struggles & Encouragement

- "FLAC" method of defusing power struggles
- Building courage and self-esteem
- Nurturing by encouragement

Session VI: Celebrating Stepfamily Successes

- Making a conscious commitment
- Celebrating your achievements
- Protecting your success

Need a shorter program? See page 22



Pricing Information

Jump-Start Package

- 1 Standard Program Kit (see below)
 - 15 Parent's Guides
 - 15 Parent Completion Certificates
 - 1 PowerPoint Presentation
- X1949D \$599.00**

Standard Program Kit

- 2 closed-captioned DVDs (202 MIN.)
 - 1 Leader's Guide
 - 1 Parent's Guide
 - 1 sample Parent Certificate
 - 4 Course Announcement Posters
 - 1 Reproducible Flyer (download)
 - Research Tools (download)
- X1940D \$399.00**

Add the Online Video Library for \$119 per year. See page 6.

For a shorter version of this program, see page 22.

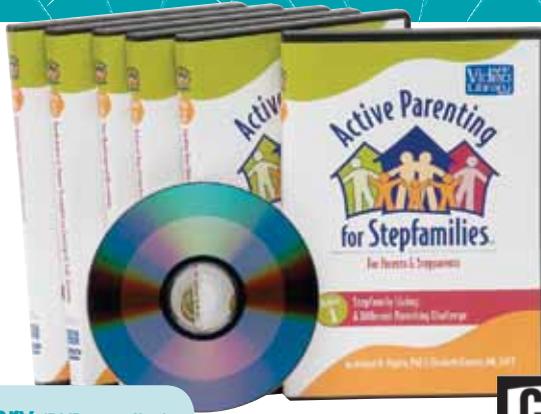
Additional Parent's Guides

| | |
|---------------------|-------------|
| X1943 (Recommended) | |
| 1-24 | \$14.95 ea. |
| 25-99 | \$13.95 ea. |
| 100+ | \$12.95 ea. |

When you need extras...

| | |
|-------------------------------------|---------|
| Parent Certificates (15) | |
| X1944 | \$6.00 |
| Course Announcement Poster | |
| X1946 | \$2.00 |
| Leader's Guide | |
| X1942 | \$29.95 |
| PowerPoint Presentation (51 slides) | |
| X1947 on disk | \$49.00 |
| X1947E online download. | \$49.00 |

| | |
|------------------------------------|---------|
| Active Parenting Classroom Posters | |
| See page 56. | |
| X7095 (Set of 6) | \$14.95 |



Formats

2-3 Video Library (DVD or online)

Active Parenting for Stepfamilies Video Library

The *Active Parenting for Stepfamilies* Video Library, available on DVD or online, contains highlights from the *Active Parenting Now* and *Active Parenting of Teens* videos, plus all-new scenes illustrating situations specific to stepfamilies. Each of the 6 videos in the series is 20-46 minutes long. DVDs are closed-captioned and come with discussion guidelines and a reproducible Parent's Tips Sheet on CD.

Video #1: "Stepfamily Living: A Different Parenting Challenge"

Learn how stepfamilies are different and prepare for common stepfamily challenges. Explore your style of parenting and learn Active Parenting techniques such as mutual respect and the method of choice. (46 min.)

X1921D\$69.95

Video #2: "Finding Your Way: Stepfamily Communication & Problem-Solving"

Explore effective roles for stepparents. Build new relationships while learning about communication stumbling blocks, the beauty of problems, the problem-handling model, and active communication (between parents and children and also between spouses). (31 min.)

X1922D\$69.95

Video #3: "A Tale of Two Histories: Turning Differences into Opportunities"

Learn to cope creatively with value clashes. Evaluate and set new limits (of space, time, money and authority). Prevent and manage loyalty conflicts. Teach the value of responsibility, and understand the role of freedom in your stepfamily. (27 min.)

X1923D\$69.95

Video #4: "The Challenge of Discipline"

Learn proven non-violent discipline techniques and how parents and stepparents can use them effectively. Incorporate logical consequences into your stepfamily life. (35 min.)

X1924D\$69.95

Video #5: "From Anger & Power Struggles to Courage & Self-Esteem"

Learn how to diffuse power struggles using the "FLAC" method. Use anger as a positive tool. Nurture children's self-esteem through encouragement. (30 min.)

X1925D\$69.95

Video #6: "Celebrating Stepfamily Successes"

Celebrate your marriage, your differences, and your achievements. Maintain your success by holding family meetings and developing protective ways to minimize risks. (21 min.)

X1926D\$69.95



Add the Online Video Library for \$119 per year. See page 6.

Save \$70! (Set of 6)
X1920D.....\$349.00

• **Set of 6 ONLY \$229.00** when you order or own the Program Kit! •

● "Being a stepparent myself, I know the unique issues that stepfamilies face. This program helps address those issues with confidence, and will be of tremendous assistance to these families."

-Kenneth Lake

Family and Community Educational Services
Sacramento, California

Format

4 Lunch & Learn Program

The *Active Parenting for Stepfamilies* Lunch & Learn program makes it easy to offer a series of 6 short (50-60 minutes) parenting classes. The Lunch & Learn program kit contains:

- *Active Parenting for Stepfamilies Video Library* (described at left)
 - 1 Leader's Guide
 - 1 Parent's Guide
 - 1 sample Parent Certificate
 - 2 Course Announcement Posters
- X4109D..... \$399.00**

Add the Online Video Library for \$119 per year. See page 6.



Active Parenting for Stepfamilies



by Michael H. Popkin, Ph.D. &
Elizabeth Einstein, M.A., LMFT



Pricing Information

Save
\$79

A 3-session program for parents and stepparents

Here's a video-based program you can use to help new couples work together to build a new stepfamily. With this program, you will also teach how to use powerful communication and negotiation skills to strengthen the marriage.

Get right to the heart of stepfamily challenges

Active Parenting for Stepfamilies in 3 uses many of the same elements as the original program (see page 20), but it focuses specifically on stepfamily issues. Comes with Leader's and Parent's Guides that can be used for both editions, plus a condensed DVD. If you own or order the original program, call for a discount on the short version.

In just 3 sessions, parents & stepparents will learn:

Session I: Stepfamily Living

- Emotional baggage
- Adjusting expectations
- 5 Guidelines for Active Stepparents

Session II: Turning Differences into Opportunities

- Dealing with differences
- Establishing limits (of time, space, authority, money)
- Avoiding loyalty conflicts

Session III: Encouraging Stepfamily Success

- Discipline in a stepfamily
- The power of encouragement

Jump-Start Package

- 1 Standard Program Kit (see below)
 - 15 Parent's Guides
 - 15 Parent Completion Certificates
 - PowerPoint Presentation
- X1955D..... \$449.00

Standard Program Kit

- 1 DVD (100 MIN.)
 - 1 Leader's Guide
 - 1 Parent's Guide
 - 1 sample Parent Certificate
 - 2 Course Announcement Posters
 - 1 Reproducible Flyer (download)
- X1950D \$249.00

For a comprehensive, 6-session version of this program, see page 20.

Additional Parent's Guides

- X1943 (Recommended)
- 1-24 \$14.95 ea.
- 25-99 \$13.95 ea.
- 100+ \$12.95 ea.

When you need extras...

- Parent Certificates (15)
- X1954 \$6.00
- Course Announcement Poster
- X1952 \$2.00
- Leader's Guide
- X1942 \$29.95
- PowerPoint Presentation (51 slides)
- X1947 on disk \$49.00
- X19474E online download . \$49.00
- Active Parenting Family Posters
- See page 56.
- X7095 (Set of 6)..... \$14.95

For more stepfamily resources, see our website.



Active PARENTING Now in **3**

by Michael H. Popkin, Ph.D.

A 3-session program for parents of children ages 5-12

Customers have told us that they love our best-selling *Active Parenting Now* program (p. 10)...but sometimes it's hard to get parents to commit to six sessions. So we took the highlights and created a shorter program: *Active Parenting Now in 3*.

In just three sessions, you will show parents how to use nonviolent discipline, positive communication and effective encouragement. Designed for parents of children ages 5 to 12, **APN3** combines video, activities and discussion to help parents raise responsible, cooperative children.

How did we do it?

To make a shorter program, we cut out much of the theory and concentrated on the skills. The information has been rearranged and presented in a more concise format. **APN3** contains many of the same video scenes as the longer program, rearranged to fit the new format. The specially designed **APN3** Leader's Guide and **APN3** Parent's Guide take you step-by-step through all three sessions.

In 3 two-hour sessions, parents will learn:

Session I: Communication and Cooperation

- Styles of parenting
- Mutual respect and how to get it
- "Method of choice"
- Handling problems
- Cooperation
- Active communication

Session II: Discipline and Responsibility

- Teaching responsibility
- Effective, non-violent discipline
- "I" messages
- Logical consequences
- Family meetings

Session III: Power, Courage and Self-Esteem

- Building courage and self-esteem
- The FLAC method of defusing power struggles
- The power of encouragement
- The BANK method of encouragement

Save \$86



Pricing Information

Jump-Start Package

- 1 Standard Program Kit (see below)
 - 15 Parent's Guides
 - 15 Parent Completion Certificates
 - 15 Key Points Magnets
 - 1 PowerPoint Presentation
- X1939D \$499.00**

Standard Program Kit

- 1 DVD (87 MIN.)
 - 1 Leader's Guide
 - 1 Parent's Guide
 - 1 sample Parent Certificate
 - 1 Key Points Magnet
 - 2 Course Announcement Posters
 - 1 Reproducible Flyer (download)
- X1930D \$299.00**

For a comprehensive, 6-session version of this program, see page 10.

Parent's Guides

take participants through the course and will become an excellent home resource later. (152 pp.)

Additional Parent's Guides

| | |
|---------------------|-------------|
| X1933 (Recommended) | |
| 1-24 | \$13.95 ea. |
| 25-99 | \$12.95 ea. |
| 100+ | \$11.95 ea. |

When you need extras . . .

| | |
|-------------------------------------|---------|
| Parent Certificates (15) | |
| X1934 | \$6.00 |
| Course Announcement Poster | |
| X1935 | \$2.00 |
| Leader's Guide | |
| X1932 | \$29.95 |
| PowerPoint Presentation (25 slides) | |
| X1938 on disk | \$49.00 |
| X1938E online download | \$49.00 |
| Key Points Magnets (pkg/5) | |
| X7082 | \$7.50 |



For a 6-session program, see page 10

PARENTS ON BOARD

Building Academic Success™
Through Parent Involvement

by Michael H. Popkin, Ph.D.; Bettie B. Youngs, Ph.D., Ed.D.; and Jane M. Healy, Ph.D.

Format **1 Video & Discussion Program**

Grades K-7

Get parents involved in their children's education!

Parents want their children to succeed, but they aren't sure how they can help. Use *Parents on Board* to show them what they can do on the home front.

The video-based *Parents on Board* program is designed for parents of children in grades K-7. The program uses entertaining video along with group discussion to give parents the tools to help their children get the best education possible.

It's easy to lead a group using our video and group discussion format!

The Leader's Guide, included in the program kit, gives you step-by-step instructions on when to show the video and how to lead the discussions. Parents follow along with the Parent's Guide.

The program includes a special 30-minute promotional mini-seminar, an easy way to publicize the workshop to groups such as PTA meetings.

4 convenient formats

Save \$104



Pricing Information

Jump-Start Package

- 1 Standard Program Kit (see below)
- 15 Parent's Guides
- 15 Active Parenting Booklets
- 15 Parent Completion Certificates
- 1 PowerPoint
- X1513D \$439.00**

Standard Program Kit

- 1 DVD (52 MIN.)
- 1 Leader's Guide
- 1 Parent's Guide
- 1 Active Parenting Booklet
- 1 sample Parent Certificate
- 2 Course Announcement Posters
- 1 Reproducible Flyer (download)
- X1500D \$249.00**

Add the Online Video Library for \$59 per year. See page 6.

Additional Parent's Guides

- X1503 (Recommended)
- 1-24 \$13.95 ea.
- 25-99 \$12.95 ea.
- 100+ \$11.95 ea.

Parent's Guide in Spanish

- X1514 \$10.95 ea.

Active Parenting booklets

- X1515
- 1-49 \$2.00 ea.
- 50-99 \$1.50 ea.
- 100+ \$1.25 ea.

When you need extras...

- Parent Certificates (15)
- X1507 \$6.00
- Course Announcement Poster
- X1506 \$2.00
- Leader's Guide
- X1502 \$24.95
- PowerPoint Presentation (24 slides)
- X1511 on disk \$49.00
- X1511E online download . . \$49.00

Increase parent involvement in your school in just three 90-minute sessions:

Session I: Preparing Your Child to Succeed

- Children's learning styles
- Providing the right study environment
- Building positive parent-teacher relationships

Session II: Encouraging Positive Behavior

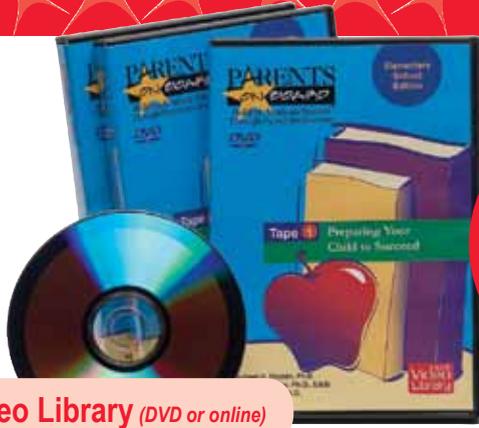
- Promoting cooperative behavior
- Encouraging and motivating children
- Supporting the school discipline plan

Session III: Reinforcing Your Child's Academic Skills

- How parents can help with homework—without doing the work themselves
- Language and reading skills
- Writing, spelling, math and science



EVIDENCE-BASED



Formats

2-3 Video Library (DVD or online)

Also in Spanish!
(see page 31)

“...empowers parents to form a cooperative working relationship with their child’s teacher.”

- Pat Elkington
C.A.P., Inc.
Fort Wayne, Indiana

Format

4 Lunch & Learn Program

**Parents on Board Video Library
Elementary and Middle School Editions**

The videos in this series, available on DVD or online, help parents learn how to help their children succeed in school. Each video is approximately 20 minutes long. DVDs come with discussion guidelines and a reproducible Parent’s Tips Sheet.

Although the topics are the same, we’ve made versions of the *Parents on Board Video Library* suitable for two different audiences: parents of students in grades K-5 and parents of middle school students. (Note: some video scenes are included in both editions.)

Video #1: “Preparing Your Child to Succeed in School”

Learn how to recognize and support a child’s learning style; how to set up a “school-smart” home; and how to motivate children to do their best. (20 min.)

Elementary School Version

X1521D\$69.95

Middle School Version

X1531D\$69.95

Video #2: “Encouraging Positive Behavior”

Learn how to promote cooperative behavior at school and how to work with teachers to resolve conflict. Also learn effective, non-violent methods of discipline. (22 min.)

Elementary School Version

X1522D\$69.95

Middle School Version

X1532D\$69.95

Video #3: “Reinforcing Your Child’s Academic Skills”

Explore ways to help children with homework without doing it for them; how to be an effective academic coach in writing, spelling, math and science; and why it’s important to do fun things together, too. (20 min.)

Elementary School Version

X1523D \$69.95

Middle School Version

X1533D \$69.95

SAVE \$30! (Set of 3)

Elementary School Version

X1520D\$179.00

Middle School Version

X1530D\$179.00

Best Value!

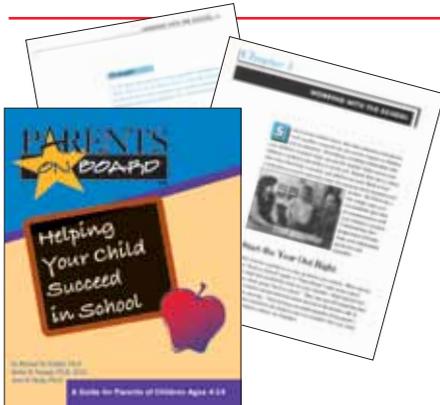
The *Parents on Board Lunch & Learn* program makes it easy to offer a series of 3 short (30-40 minutes) parenting classes. The Lunch & Learn program kit contains:

- *Parents on Board Video Library* (described at left)
 - 1 Leader’s Guide
 - 1 Parent’s Guide
 - 1 Active Parenting booklet
 - 1 sample Parent Certificate
 - 2 Course Announcement Posters
 - 1 B&W Reproducible Flyer
- X4105D..... \$249.00**

Add the Online Video Library for \$59 per year. See page 6.



• **Set of 3 ONLY \$129.00** when you order or own the Program Kit! •



X1503 Provide parents with a guide of their own!

The Parent’s Guide (221 pp.) contains all the skills, activities and at-home practice needed to turn your class into a dynamic experience. Pricing shown on opposite page. Guide is also available in Spanish. ▶

A Parent’s Guide:

- helps parents arrive ready to participate
- provides worksheets for activities
- is filled with photos from the video
- offers ideas for practice at home



X1514 Parent’s Guide in Spanish (see page 31).



¡Padres!

Técnicas efectivas para los padres de niños de 1 a 4 años de edad

by Michael H. Popkin, Ph.D., Betsy Gard, Ph.D., and Marilyn Montgomery, Ph.D.

Format 1 Video & Discussion Program

Parenting ages 1-4

¡1,2,3,4 Padres! is the Spanish version of the award-winning 1,2,3,4 Parents! program. Filmed in Spanish, ¡1,2,3,4 Padres! contains some additional topics of interest to the Spanish-speaking audience, including the presence of the extended family in the home, the importance of encouraging daughters as well as sons to succeed, and the importance of learning the language of the land.

Addresses basic parenting skills—perfect for new parents.

The ¡1,2,3,4 Padres! program is divided into three 90-minute sessions and is recommended for groups of 10 to 20 parents. The Leader's Guide included in the program kit tells you when to play the video portions and when to stop for discussion.

4 convenient formats

Save \$64

The easy-to-read Parent's Workbook offers examples, charts and worksheets so parents can practice their new skills at home.

In three 90-minute sessions parents will learn:

Session I: You and Your Child

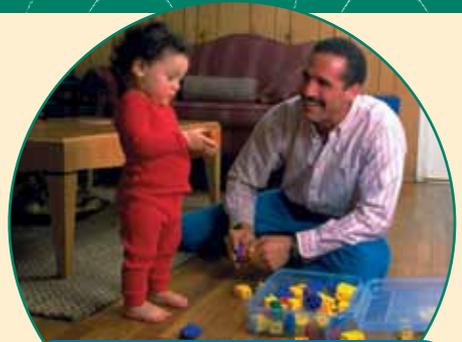
- Getting acquainted
- Parenting: A special job
- The ages and stages of development
- How will you parent?
- Building the bond between your child and you
- Activities to try at home

Session II: Preventing Problems

- Share and tell
- How to use non-violent discipline skills
- Tips on avoiding accidents and problems
- The "A-C-T" of parenting
- About rules

Session III: Encouraging Positive Behavior

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



Pricing Information

All materials are in Spanish.

Jump-Start Package

- 1 Standard Program Kit (see below)
 - 15 Parent's Workbooks
 - 15 Parent Completion Certificates
 - PowerPoint Presentation
- X2208D \$449.00

Standard Program Kit

- 1 DVD (30 MIN.)
 - 1 Leader's Guide
 - 1 Parent's Workbook
 - 1 sample Parent Certificate
 - 2 Course Announcement Posters
 - 1 B&W Reproducible Flyer
 - Research Tools (download)
- X1650D \$249.00

Add the Online Video Library for \$59 per year. See page 6.

For details about the English version, see page 8.

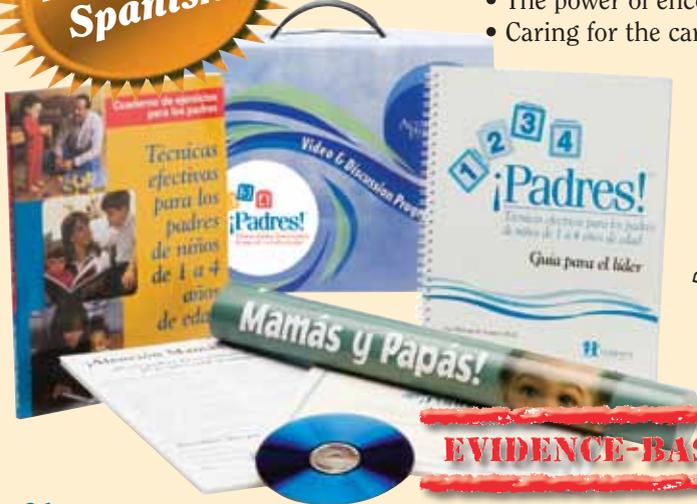
Additional Parent's Workbooks

| | |
|---------------------|-------------|
| X1653 (Recommended) | |
| 1-24 | \$13.95 ea. |
| 25-99 | \$12.95 ea. |
| 100+ | \$11.95 ea. |

When you need extras...

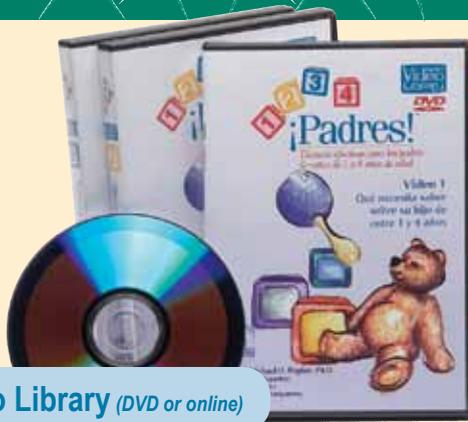
| | |
|-------------------------------------|---------|
| Parent Certificates (15) | |
| X1655 | \$6.00 |
| Course Announcement Poster | |
| X1654 | \$2.00 |
| Leader's Guide | |
| X1652 | \$24.95 |
| PowerPoint Presentation (24 slides) | |
| X165PP on disk | \$49.00 |
| X165E online download | \$49.00 |
| "Tips para padres" bookmarks | |
| X7085 (pkg/5) | \$6.00 |

Filmed in Spanish



EVIDENCE-BASED





Formats

2-3 Video Library (DVD or online)

¡1,2,3,4 Padres! Video Library

The ¡1,2,3,4 Padres! Video Library, available on DVD or online, contains all the same great video scenes from the discussion program on p. 24, rearranged by topic and united by additional narration. All of the video was filmed in Spanish with Latino actors; Dr. Popkin's narration is dubbed. Each of the 3 videos in the series is under 20 minutes. DVDs come with discussion guidelines and a reproducible Parent's Tips Sheet—all in Spanish.

Video #1: "Qué Necesita Saber Sobre su Hijo de Entre 1 y 4 Años"

("What You Need to Know about Your 1- to 4-Year-Old") Learn the four stages of child development and how to enhance a child's learning at each stage. Learn about three parenting styles and discover how to begin building a lifelong bond with a child. (20 min.)

X1201D \$69.95

Video #2: "Disciplina y Más"

("Discipline and Beyond") Learn effective, non-violent discipline skills that really work, and how to set rules that a young child can understand and follow. (14 min.)

X1202D \$69.95

Video #3: "Fomentando un Mejor Comportamiento"

("Building Better Behavior") Discover how the power of encouragement helps children learn positive behavior at an early age. Understand the importance of parents taking care of themselves as well as their child. (18 min.)

X1203D \$69.95



• **¡1,2,3,4 Padres!** teaches parents who work long hours how to take care of themselves so they have more patience with their children."

- Lucy Marrero
Parent Educator
Franklin County, Georgia

Format

4 Lunch & Learn Program

The ¡1,2,3,4 Padres! Lunch & Learn program makes it easy to offer a series of 3 short (30-40 minutes) parenting classes in Spanish. The Lunch & Learn program kit contains:

- ¡1,2,3,4 Padres! Video Library (described at left)
- 1 Leader's Guide
- 1 Parent's Workbook
- 1 sample Parent Certificate
- 2 Course Announcement Posters
- 1 B&W Reproducible Flyer (all materials are in Spanish)

X4108D \$249.00

Add the Online Video Library for \$59 per year. See page 6.



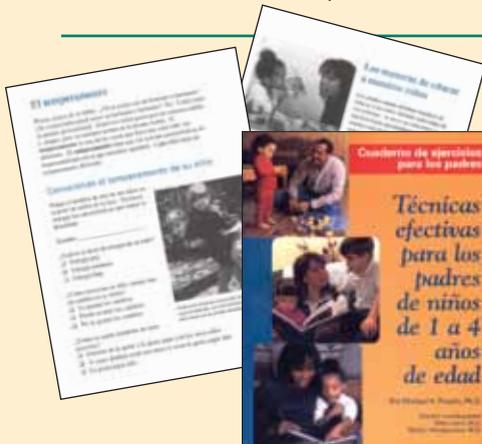
SAVE \$30! (Set of 3)

X1200D \$179.00



Add the Online Video Library for as little as \$59 per year. See page 6.

• **Set of 3 ONLY \$129.00** when you order or own the Program Kit! •

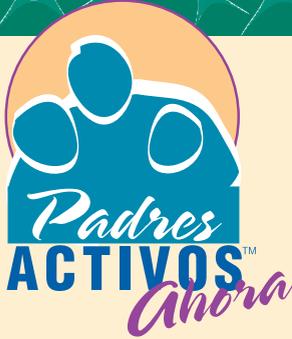


X1653 ¡1,2,3,4 Padres! Parent's Workbooks

The easy-to-read Spanish Parent's Workbook (89 pp.) contains the skills, activities, and at-home practice needed to turn your group into a dynamic experience. See opposite page for pricing.

A Parent's Workbook:

- helps parents arrive ready to participate
- provides worksheets for activities
- is filled with photos from the video
- offers ideas for practice at home



**Padres Activos Ahora Video Library
Active Parenting Now—in Spanish**

This series of 6 videos, dubbed in Spanish by professional actors in Mexico, can be used with or without a leader and is perfect for a resource library. Each DVD is under 30 minutes and comes with discussion guidelines and a reproducible Parent's Tips Sheet—all in Spanish. See page 11 for a complete description of each video.

Parenting ages 5-12

by Michael H. Popkin, Ph.D.

Add the Online Video Library for as little as \$59 per year. See page 6.

- Video #1: Paternidad en el siglo XXI: Cuál es su Estilo y Cómo éste Influencia a su Hijo** ("Parenting in the 21st Century")
X1221D.....\$69.95
- Video #2: Comunicación Activa: Cómo Ganar la Cooperación de su Hijo** ("Active Communication")
X1222D.....\$69.95
- Video #3: Disciplina Eficaz: Cómo Criar a un Niño Responsable** ("Effective Discipline")
X1223D.....\$69.95

- Video #4: Evadir la Lucha de Poder: Redirigiendo el Mal Comportamiento de su Hijo** ("Sidestepping the Power Struggle")
X1224D.....\$69.95
- Video #5: Construyendo el Carácter, Valor y Autoestima en su Hijo** ("Building Character, Courage and Self-Esteem in Your Child")
X1225D.....\$69.95
- Video #6: La Magia de las Reuniones Familiares: Cómo Sirven para Resolver Problemas y Enseñar Valores** ("The Magic of Family Meetings")
X1226D.....\$69.95

Buy 5 get 1 FREE (Set of 6) X1220D . . . \$349.00

Las Familias Hablan Sobre...™

Families Talk About...Video Library—in Spanish

series created by James Sayre, M.D. • produced by Rose Films, Inc.

Parents of at-risk children speak openly about their experiences in these warm and inspirational videos. Dubbed by professional actors in Mexico. A discussion guide in Spanish is included with each video.



- Los Abuelos que como Padres** ("Grandparents as Parents") Grandparents talk about the challenges of becoming the primary caretakers of their grandchildren, including new parenting responsibilities, dealing with the biological parents, legal issues, finding support, and planning for the future. (28 min.)
X1259D..... \$79.95
- Palabras Sabias Acerca de la Disciplina** ("Wise Words on Discipline") Parents discuss the challenges of raising their children and modeling good behavior, as well as the importance of rules, discipline options, time-out for both kids and parents, and more. (18 min.)
X1253D..... \$79.95

- Los Padres son Importantes** ("Fathers Matter") Urban dads reflect on what it means to be a father; their influence on the next generation; and new opportunities for fathers in a changing society. (19 min.)
X1254D..... \$79.95
- El Matrimonio** ("Marriage") Men and women of different backgrounds discuss the benefits of their marriage, how they strengthen their relationship, and how to handle conflict. (18 min.)
X1257D..... \$79.95

- Estableciendo el Vínculo Afectivo con su Bebé** ("Bonding with Your Baby") This video depicts ways to love, nurture and communicate with young children. (16 min.)
X1251D..... \$79.95

- Los Padres Solteros** ("Single Parenting") Parents who have sole custody of their children discuss the unique pressures they face and how they have learned to overcome obstacles. (23 min.)
X1256D..... \$79.95
- Estimulando Actividades Positivas** ("Encouraging Positive Activities") Parents talk about the importance of healthy activities such as music, sports, daily chores, and family fun time. (18 min.)
X1255D..... \$79.95

- La Educación Comienza en Casa** ("Education Starts at Home") Parents demonstrate how to prepare infants and young children for a life of learning. (24 min.)
X1252D..... \$79.95

- Los Padres de Crianza** ("Foster Parenting") Experienced foster parents discuss the challenges and rewards of helping children in crisis. (24 min.)
X1258D..... \$79.95

Buy 7 get 2 FREE Set of all 9 videos
X1260D.....\$559.00

English version on p. 17



Add the Online Video Library for \$119 per year. See page 6.





Padres Activos de Hoy™

by Michael H. Popkin, Ph.D.

Parenting ages 5-12

Help for Spanish-speaking parents

Featuring video filmed in Spanish with Latino actors, *Padres Activos de Hoy* is an interactive video-and-discussion program that will help Spanish-speaking parents learn how to encourage cooperation, courage and responsibility in their children. It is designed for three 2-hour sessions with a group of 10 to 20 parents, but the format is flexible and can be changed to suit your needs.

It's easy to lead a group using our video and group discussion format!

The Leader's Guide gives step-by-step instructions on when to show the video and when to stop for discussion and practice. The Parent's Guide offers examples, charts and family enrichment activities so parents can practice their new skills at home.

● *"The videos with Spanish-speaking parents and children help the parenting lessons to come alive."*

- Gloria Soto

Diocese of Sacramento, California

In three 2-hour sessions, parents will learn:

Session I: The Active Parent

- Styles of parenting
- The use of choices
- How to build courage and self-esteem
- How to turn discouragement into encouragement
- Building good relationships through fun

Session II: Responsibility and Discipline

- "I" messages
- Non-violent discipline through natural and logical consequences
- Mutual respect

Session III: Cooperation and Communication

- Winning cooperation from your child
- Importance of active communication
- How to use family meetings to solve problems peacefully
- Emphasizing the family unit

Save \$89



Pricing Information

All materials are in Spanish.

Jump-Start Package

- Standard Program Kit (see below)
 - 15 Parent's Guides
 - 15 Parent Completion Certificates
 - 1 PowerPoint Presentation
- X2210D..... \$489.00**

Standard Program Kit

- 1 DVD (80 MIN.)
 - 1 Leader's Guide
 - 1 Parent's Guide
 - 1 sample Parent Certificate
 - 2 Course Announcement Posters
 - 1 Reproducible Flyer (download)
 - Research Tools (download)
- X2200D \$299.00**

For details about the English version, see page 10.

Parent's Guides

in Spanish take parents through the course and will become an excellent home resource later. (74 pp.)

Additional Parent's Guides

| | |
|---------------------|-------------|
| X2203 (Recommended) | |
| 1-24 | \$14.95 ea. |
| 25-99 | \$13.95 ea. |
| 100+..... | \$12.95 ea. |

When you need extras...

| | |
|-------------------------------------|---------|
| Parent Certificates (15) | |
| X2205..... | \$6.00 |
| Course Announcement Poster | |
| X2204..... | \$2.00 |
| Leader's Guide | |
| X2202..... | \$24.95 |
| PowerPoint Presentation (34 slides) | |
| X2211 on disk | \$49.00 |
| X2211E online download .. | \$49.00 |
| "Tips para padres" bookmarks | |
| X7085 (pkg/5) | \$6.00 |



Padres Cooperando en Medio de un Divorcio

New! Parenting after divorce

Save \$75

by Susan Boyan, M.Ed., L.M.F.T., and Ann Marie Termini, Ed.S., L.P.C.

The Cooperative Parenting and Divorce program—now in Spanish

This video-based program helps divorcing parents shield their children from parental conflict. Parents will learn to guide their children through the process of recovery while establishing a positive relationship with the child's other parent.

How the program works . . .

This program is part video and part group discussion. It is designed for 8 sessions lasting 2-2½ hours each and is recommended for groups of 10 to 16 parents.



In eight 2-hour sessions, parents will learn:

Session I:

- Child-Focused or Out of Focus: Making a Commitment to Care

Session II:

- Plan for Peace or Tug of War: Allowing My Child to Love Both Parents

Session III:

- Letting Go or Holding On: Changing My Long-Term Role

Session IV:

- Make It Better or Keep it Bitter: Choosing My Personal Path

Session V:

- Neither Fight Nor Flight: Managing My Anger

Session VI:

- Defuse or Light the Fuse: Taking Control of Conflict

Session VII:

- All A Winner or Winner Take All: Negotiating Agreements

Session VIII:

- Cooperation or Conflict: Co-Parenting is Forever

Pricing Information

All materials are in Spanish (except Leader's Guide)

Jump-Start Package

- 1 Standard Program Kit (see below)
 - 15 Parent's Guides
 - 15 Parent Completion Certificates
 - PowerPoint Presentation
- X3429D \$529.00**

Standard Program Kit

- 1 DVD (36 MIN.) (dubbed)
 - 1 Leader's Guide (English)
 - 1 Parent's Guide
 - 1 Parent Certificate
 - Promotional Materials and Forms (English and Spanish)
- X3420D \$349.00**

Additional Parent's Guides

provide vital information and worksheets so parents can practice their skills at home. (112 pp.)

X3423 (Recommended)

- 1-24 \$13.95 ea.
- 25-99 \$12.95 ea.
- 100+ \$11.95 ea.

When you need extras...

- Parent Certificates (15)
- X3424 \$6.00
- Leader's Guide (English)
- X3422 \$39.95
- PowerPoint Presentation (19 slides)
- X3428 on disk \$39.95
- X19474E online download \$39.95

Padres a Bordo Video Library Increase parent involvement in school

by Michael H. Popkin, Ph.D.; Bettie B. Youngs, Ph.D., Ed.D.; and Jane M. Healy, Ph.D.

Help parents join the school team with *Parents on Board* Video Library! This series of 3 videos for K-7 gives parents the tools to help their children get the best education possible. Dubbed in Spanish. (See p. 25 for a complete description of each video.)

Parent involvement in school

Video #1: Preparando a su Hijo Para Triunfar en la Escuela

("Preparing Your Child to Succeed in School") Children's different learning styles; setting up a "school-smart" home. (20 min.)

X1231D \$69.95

Video #2: Estimulando el Comportamiento Positivo

("Encouraging Positive Behavior") Promoting cooperative behavior and working with teachers. (22 min.)

X1232D \$69.95

Video #3: Reforzando las Habilidades Académicas de su Hijo

("Reinforcing Your Child's Academic Skills") Be an effective coach in writing, spelling, math and science. (20 min.)

X1233D \$69.95

English version on p. 25



Add the Online Video Library for as little as \$59 per year. See page 6.

SAVE \$30! (Set of 3)

X1230D \$179.00

◀ **X1514 Spanish Parent's Guide (180 pp.) \$10.95**



Format 1 Video & Discussion Program

4 convenient formats

Save \$79

Pricing Information

All materials are in Spanish unless otherwise noted.

Jump-Start Package
 – 1 Standard Program Kit (see below)
 – 15 Parent's Guides
 – 15 Parent Completion Certificates
 – PowerPoint Presentation
X4516D \$599.00

Standard Program Kit
 – 2 DVDs (173 MIN.) (dubbed)
 – 1 Leader's Guide (English)
 – 1 Parent's Guide
 – 1 sample Parent Certificate
 – 2 Course Announcement Posters
 – Research Tools (download)
X4510D \$399.00

Add the Online Video Library for \$119 per year. See page 6.

For details about the English version, see page 12.

Additional Parent's Guides
 X4513 (Recommended)
 1-24 \$14.95 ea.
 25-99 \$13.95 ea.
 100+ \$12.95 ea.

When you need extras...
Parent Certificates (15)
 X4514 \$6.00
Course Announcement Poster
 X4515 \$2.00
Leader's Guide
 X4502 (in English) \$29.95
PowerPoint Presentation (100 slides)
 X4517 on disk \$49.00
 X4517E online download . . \$49.00
"Tips para padres" bookmarks
 X7085 (pkg/5) \$6.00

For more parenting resources in Spanish, see our website.

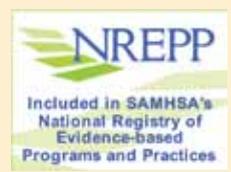
Active Parenting of Teens—in Spanish

Features video dubbed in Mexico and a Parent's Guide in Spanish. This video-based program is easy to lead and includes the essential Active Parenting model, plus discussions about technology, the latest in teen drug use prevention (including prescription drugs), teen bullying, and special attention to stepfamilies. It has a flexible structure allowing for shorter classes and a new focus on risk-prevention strategies.

- The flexible format makes it possible for you to offer:
- A** a comprehensive 6-session course
 - B** a 2-part class, each comprised of 3 sessions. Do the first class and then the second as a follow-up.
 - C** a 4-session class for basics + in-depth skills practice
 - D** a 3-session class for basic Active Parenting skills (with a teenage twist)
 - E** a 2-session unit focusing on alcohol, tobacco, and other drugs (ATOD) prevention

Here's what you'll be teaching:

- Session I: The Active Parent**
 - Teens today
 - Styles of parenting
 - Control vs. influence
 - Mutual respect
 - Method of choice
- Session II: Winning Cooperation**
 - Who owns the problem?
 - Active communication with teens
 - The key of encouragement
- Session III: Responsibility and Discipline**
 - Logical consequences and more
 - Problem-solving with FLAC
- Session IV: Building Courage, Redirecting Misbehavior**
 - The Think-Feel-Do Cycle
 - Courage and self-esteem
 - Five goals of teen behavior
 - Eliminating power struggles
- Session V: Drugs, Sexuality, and Violence**
 - Reducing the risks
 - Overview of the issues
 - Prevention strategies 1-4 (focus on sexuality)
- Session VI: Drugs, Sexuality, and Violence - continued**
 - Prevention strategies 5-10 (focus on alcohol, tobacco, and other drugs)



EVIDENCE-BASED



Also in English!
(see page 13)

Formats
2-3

Video Library (DVD or online)



Format
4

Lunch & Learn Program

***Paternidad Activa de Adolescentes* Video Library**

The *Paternidad Activa de Adolescentes* Video Library, available on DVD or online, contains all the same great video scenes from the discussion program, united by additional narration. Dubbed in Spanish by professional actors in Mexico. Each of the 6 videos in the series is 25-35 minutes long. DVDs come with discussion guidelines and a reproducible Parent's Tips Sheet on CD.

Video #1: "El Padre Activo"

("The Active Parent") Learn about issues facing today's teens; explore different parenting styles; discover what parents can control and what they can influence; learn about mutual respect and the method of choice. (32 min.)

X1281D \$69.95

Video #2: "Ganando Cooperación"

("Winning Cooperation") Problem-solving in families with teens; active communication skills; promoting cooperation between parents and teens. (24 min.)

X1282D \$69.95

Video #3: "Responsabilidad y disciplina"

("Responsibility & Discipline") How to discipline a teenager; using the FLAC method to solve problems; using logical consequences to set limits. (29 min.)

X1283D \$69.95

Video #4: "Construyendo valor, Redireccionando la mala conducta"

("Building Courage, Redirecting Misbehavior") Learn how the Think-Feel-Do Cycle affects a teen's courage and self-esteem; explore the five goals of teen behavior; power struggles and how to handle them. (34 min.)

X1284D \$69.95

Video #5: "Drogas, sexualidad y violencia: Reduciendo los riesgos; parte 1"

("Drugs, Sexuality, and Violence: Reducing the Risks, part 1") Overview of the risks facing teens today and how parents can use their influence to prevent problems. Also explores issues of teen sexual behavior. (24 min.)

X1285D \$69.95

Video #6: "Drogas, sexualidad y violencia: parte 2"

("Drugs, Sexuality, and Violence: Reducing the Risks, part 2") Explores six problem-prevention strategies relating to issues surrounding alcohol, tobacco, and other drugs (ATODs). (30 min.)

X1286D \$69.95

The *Paternidad Activa de Adolescentes* Lunch & Learn program makes it simple to offer a series of 6 short (50-60 minutes) parenting classes. The Lunch & Learn program kit contains:

- *Paternidad Activa de Adolescentes* Video Library (described at left)
 - 1 Leader's Guide (English)
 - 1 Parent's Guide
 - 1 sample Parent Certificate
 - 2 Course Announcement Posters
- X4113D..... \$399.00**

Add the Online Video Library for \$119 per year. See page 6.



Add the Online Video Library for as little as \$119 per year. See page 6.

Best Value!

SAVE \$70 (Set of 6)

X1280D \$349.00

• **Set of 6 ONLY \$229.00** when you order or own the Program Kit! •

Paternidad Exitosa™

Juego de Corazón Para Padres Video Series (The Heart of Parenting)

by Barbara-Lynn Taylor, M.Ed.

This Spanish version (dubbed) of the "Heart of Parenting" video series (p. 16) covers self-esteem, communication, and nonviolent discipline. Each DVD comes with a downloadable Facilitator's Guide (in English) and sample Parent Take-Home Booklet (in Spanish). Take-Home Booklets are also sold separately. 17 min. ea.



- X3220 **SAVE 15%** (Set of 3 videos) \$129.95
 - X3224 Parent's Workbook \$12.95
 - X3258 Auto Estima (Self-Esteem) Booklet \$2.95
 - X3259 Comunicación (Communication) Booklet \$2.95
 - X3260 Disciplina (Discipline) Booklet \$2.95
- (Quantity pricing available—see website.)

Connect with Kids™

Video Series for Parents & Kids

from CWK Network

These fast-paced videos, dubbed in Spanish, feature real kids telling real stories about today's real problems. **Use the same video for students and parents!** See page 41 for complete descriptions. Comes with Lesson Plans (in English) for middle and high school. Approx. 22 min. ea.



- Bright Kids, Bad Grades (learning disabilities)**
X5281SP \$79.95
- Shattered (drunk driving)**
X5283SP \$79.95
- Just Once (methamphetamines)**
X5284SP \$79.95
- A Violent Age (youth violence)**
X5287SP \$79.95
- Sticks and Stones (online bullying)**
X5288SP \$79.95
- X5289SP **SAVE \$80** (Set of 5) \$319.00

La guía para ser un buen padre Latino (The Latino's Guide to Fatherhood)

by S. Moreno, M.Ed., and C.F. Gipson



An easy-to-read and uplifting instructional guide that provides practical steps toward becoming a successful Latino father. 111 pp.

- X8993SP (Spanish) \$19.95
- X8993 (English) \$19.95

Participación paterna (Active Parenting) booklet

by Michael H. Popkin, Ph.D.

This reader-friendly booklet is packed with tips and exercises to help parents empower their children at home and in school. 28 pp.



- X1516 1-49 \$2.00 ea.
- 50-99 \$1.50 ea.
- 100+ \$1.25 ea.

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. Bilingual English/Spanish. Unfolded size 15" x 5.5".

- X7120 1-9 \$1.00 ea.
- 10+ \$.75 ea.



bilingual

"Tips para padres" Bookmark

from Active Parenting Publishers



This large, colorful bookmark is a great gift. Presents 15 tips in Spanish about caring for children. Size: 3" x 8", package of 5.

- X7085 \$6.00

Family Violence: The Impact on Children

from KidSafety of America

Defines family violence and describes the cycle of abuse. Addresses the effects on children as babies and as children. Dubbed in Spanish. 18-21 min. ea.



- X6930 Overview \$89.95
- X6928 for Parents \$89.95
- X6929 for Educators \$89.95
- X6931 (Set of 3) \$269.00

Cómo Hablar para que Los Niños Escuchen y Cómo Escuchar para que los Niños Hablen

by Adele Faber and Elaine Mazlish

How to Talk so Kids/Teens Will Listen and Listen so Kids/Teens Will Talk. 262 pp. (Kids), 216 pp. (Teens)

- X8849 Kids \$12.99
- X8848 Teens \$12.99



Test-Taking Strategies



These videos help students become confident, effective test-takers. See page 49 for details. 23 min. ea.

- X6807D Set of 3 for grades 3-6 \$89.95
- X6808D Set of 7 for grades 7-12 \$279.65



Nos Gusta Leer (We Like to Read)



by Elyse April; illus. by Angie Thompson
A bilingual picture book written in rhyme about the

- joys of reading. 32 pp.
- X9237 \$9.95

NEW!

Llevándose Bien Con Groark (Getting Along with Groark)

Character education for children in grades K-5 covering the topics of bullying, anger, conflicts, listening, and prejudice. See our website for details. Bilingual Spanish/English. 30 min. ea.

- X6440D (Set of 5) \$299.50



The BabyCare Workshop

from Snowden Media

This 9-part instructional video series in Spanish demonstrates basic skills that are vital for newborn care. The 9 videos come on 3 DVDs with a 49-page Teacher's Guide and parent handouts on CD-ROM to print at your convenience. (Teacher's Guide is in English only. Parent handouts are in Spanish and English.) See page 45 for a description of all 9 videos.



X1270D (Set of 9) \$399.00

Parent Involvement videos

These two videos were filmed in Spanish. The first, **Reaching the Goal** (17 min.), dramatizes the value of parental involvement in a child's education, even if they don't speak English. The second, **Parents as Tutors** (15 min.), shows how to build a child's learning and study skills.



X6416D Reaching the Goal. . . . \$65.00
X6438D Parents as Tutors \$69.95

Golpes y gritos (Shaking, Hitting and Spanking: What to Do Instead)

Filmed in Spanish, this video shows 4 common scenes that often lead to shaking, hitting or spanking a child. Each scene is followed by a non-violent, common-sense alternative. 30 min.



X6419D \$95.00

Nutrición Infantil (Childhood Nutrition)

from InJoy

Tools to instill healthy eating habits, starting at birth, to help prevent obesity later in life. Filmed in Spanish. With Facilitator's Guide. 57 min. total

X6944SP (Set of 2) . . \$179.90



Temas-Para-Compartir (Pass-Along Papers)

by Barbara Kuczen, Ph.D., and Carly Kuczen, M.A.

This CD-ROM provides 52 reproducible 2-sided flyers, each describing a typical childhood challenge followed by a list of suggestions for coming up with a Family Action Plan. Get a free sample flyer on our website. 110 pp.

X1850SP \$39.95

Best Behavior books

The popular social skills series is now available in Spanish. A special section at the end includes additional discussion ideas and tips for adults. Books are bilingual and softcover. For ages 4-7. 40 pp. ea.



X9213 Hands Are Not for Hitting. . \$11.95
X9214 Words Are Not for Hurting . \$11.95
X9215 Germs Are Not for Sharing . \$11.95
X9216 Set/3 SAVE 10% \$31.95

Character Education

See our website for more Spanish!

Stepping on Up set/4

with Michael Pritchard

This new character education series provides educators with 16 lively lessons about bullying, safety, self-respect and more. Each video contains four lessons, plus a leader's guide with discussion-starters and activities. See our website for a full description of each video. 50 min. ea.



X6914 Bullying \$139.95
X6915 Cyberbully/Web Safety. . \$139.95
X6916 Character \$139.95
X6917 Life Skills. \$139.95
X6918 (Set of 4) \$499.95

Conflict: The Top Ten Starters and Stoppers

from Sunburst Media

For grades 3-5. Ten video vignettes show students the most common behaviors that start conflicts—such as blaming, accusing, name calling, interrupting—and then demonstrate how to stop the conflicts before they escalate into major confrontations. With 12 reproducible handouts on CD-ROM. 16 min.



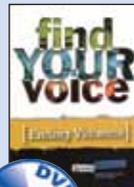
X6872D \$99.95

For more bullying & anger, see p. 42.

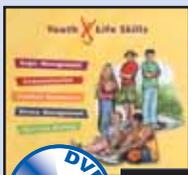
Ending Violence: Find Your Voice program

from Break the Cycle

An interactive curriculum designed to teach teens how to prevent abusive relationships. Present this flexible program in one day or over the course of a semester. Includes a self-guided resource for students, a video presentation for adults, and classroom materials in English and Spanish (all on DVD-ROM). Companion to *Safe Dates* (p. 40).



X6919 \$99.00



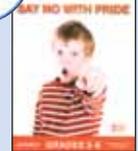
Youth Life Skills

from Hazelden
 Five closed-captioned DVDs for teens exploring anger management, communication, conflict resolution,

stress management, and decision making. Comes with CD-ROM containing session outlines, student handouts, and parent newsletters. Closed captioned. 50 min. total.
X6862D (Set of 5) \$289.00

Say No with Pride

Teaches students that in dangerous situations, it's important to say no and stand firm. Grades 3-6. Comes with Teacher's Guide. 15 min.



X6939 \$79.95

Rumors, Gossip and Teasing: It Hurts

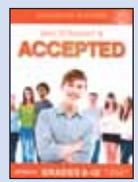
Defines harassment and explores how to deal with it. Grades 3-6. Comes with Teacher's Guide. 15 min.



X6940 \$79.95

Gay, Straight and Accepted

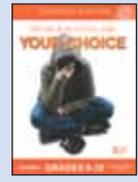
Helps students understand the anxiety surrounding "coming out." Grades 9-12. Comes with Teacher's Guide. 15 min.



X6942 \$79.95

Drugs & Alcohol and Your Choice

All drugs, legal and illegal, change the body and should be taken seriously. Grades 9-12. Comes with Teacher's Guide. 15 min.



X6941 \$79.95



Rules & Reasons Game

Teaches children how breaking rules results in specific consequences,

and how they can avoid punishments altogether by applying their problem-solving skills. For 2-4 players, ages 5-10.

X7121 \$54.95

NEW!

Good-Bye Bully Machine card game

by Debbie Fox and Allan L. Beane, Ph.D.

Card game allows players to take turns breaking down the Bully Machine, piece by piece. As players draw cards, they discuss what they'd do in bullying situations. For 2-6 players, ages 8 and up.

X7145 \$12.99

Heartbeats board game for teens

by Kendra Lince Davis, M.A.

This game provides a safe way for troubled youth to express their feelings. Addresses the issues of peer pressure, self-doubt, compassion, coping, and dealing with authority. Based on decades of work with disadvantaged youth in low-income communities. For 4-6 players, ages 10-18.

X7136 \$48.50



Circle of Friends Game

Kids learn friendship-building skills such as listening, patience, and paying attention; and how to deal with various friendship issues, such as teasing, bullies, jealousy, anger and more. For 2-6 players, ages 5-12.

X7087 \$54.95



Therapeutic games for kids

by Marcozzi, Shore

Each book contains six games to help children cope. *Healing Games* helps with grief and loss; *Changing Families* addresses divorce and other changes.

For 2-4 players, ages 6-12.

X7088 *Healing Games* \$39.95

X7086 *Changing Families* \$39.95



Emotional Bingo

by Marjorie Mitlin, LICSW

This game requires players to identify feelings rather than numbers on their Bingo cards. Ideal for counseling groups or classrooms, Emotional Bingo not only helps children learn to recognize various feelings, it also teaches empathy—a trait associated with lower incidence of violent behavior. Bilingual Spanish/English. For 2-32 players.

X7137 (grades 1-5) \$39.95

X7140 (grades 6-12) \$39.95

bilingual



Dr. Playwell's Card Games

by Larry Shapiro

These engaging card games can be used in multiple settings and teach skills kids need to get along at home, at school and in life. Each game contains 52 playing cards, 10 strategy cards, and 12 follow-through cards. For 2-4 players, ages 6-12.

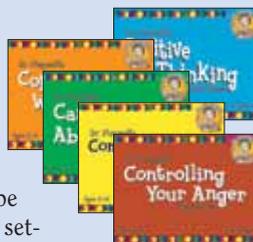
X7128 *Controlling Your Anger* . . . \$23.95

X7127 *Communicating Feelings* . \$23.95

X7124 *Positive Thinking* \$23.95

X7125 *Coping with Stress* \$23.95

X7126 *Caring about Others* \$23.95



Consequences

A fun way to introduce or reinforce the idea that there is a consequence for all actions and behavior. For 2 to 4 players, ages 3 and up.

X7131 \$24.99



The Ungame: A Cooperative Adventure in Communication

A non-competitive board game for families, friends, and other groups. Players go around a board answering questions about their goals, likes, dislikes, feelings, and experiences. For 2-6 players, ages 5 to adult.

X7040 \$18.95



In Control: A Book of Games to Teach Self-Control Skills

This book of six games teaches children such skills as listening to others, following rules and cooperating. Set includes book, game pieces, and a 3-sided die. For 2-4 players, ages 7-12.

X7123 \$39.95



One of a Kind: A Self-Esteem Card Game

by Max Nass, LMHC and Marcia Nass, M.S.

Based on Crazy Eights, this lively card game delivers fast-paced fun while helping kids become

aware of their unique and special qualities. For 2 to 4 players, ages 6-12.

X7138 \$19.50



Bright Spots - Thoughts and Feelings Card Game

by Lisa-Marie Arneson, MA, MFT, RPT-S

35 cards for games to help children work through a variety of issues including changes within the family, trauma, grief, anger, depression, anxiety and fears.

X7112 (Spanish) \$19.95

X7111 (English) \$19.95



Self-Calming Cards

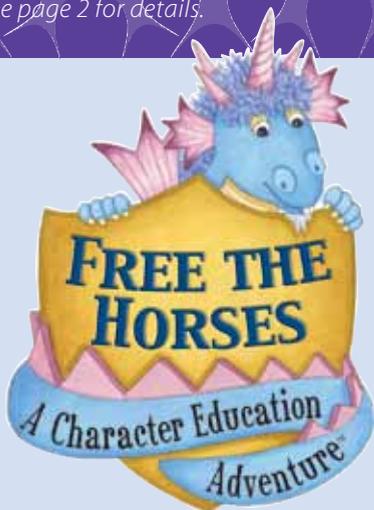
by Elizabeth Crary & Mits Katayama

Use these 36 engaging cards to teach self-calming strategies to children ages 2-10. In English and Spanish.

X7110 \$12.95



bilingual



by Michael H. Popkin, Ph.D., and Susan Greathead, M.Ed.

Let the adventure begin!

If your students like Harry Potter and *The Chronicles of Narnia*, they are going to love the updated *Free the Horses* program. Use this action-packed video story to teach children ages 5 to 9 to believe in themselves, their talents, and their dreams. In *Free the Horses*, Kelly sets out on a quest to free some wild horses from captivity. Along the way, she and the colorful friends she meets learn to handle problems in a positive and courageous way.

Why a program on character education for children?

Children who develop responsibility, cooperation, courage and other traits of good character have fewer behavioral problems and more success when facing life's challenges. There's even research to prove it!

Classes are easy to teach.

Free the Horses is divided into 11 video and discussion lessons, designed to last 30–45 minutes each, with 9 optional lessons for reinforcement. The Teacher's Guide gives you step-by-step instructions on when to show the video and when to stop for discussion and class activities.

Interactive and fun

Give each student a Kid's Character Pack (activity book + 12 stickers) to reinforce the important lessons. Use the set of 11 Color-In Posters to let students decorate the classroom with their newfound character knowledge.

“The greatest joy is watching students adopt the ‘you can do it’ attitude.”

- Joan Romeo
Educator
Woolwich Township, NJ

Character education is the foundation of bullying prevention.

Here's what your students will learn:

Part I: The Lands of Think, Feel, Do

- I can do it.
- I can choose what I think.
- I can choose my feelings.
- I can do the right thing.

Part II: The Golden Spiral of Success: Belonging, Learning and Contributing

- I can be a friend.
- I learn from my mistakes.
- I have a lot to offer.

Part III: The Keys of Courage, Responsibility and Cooperation

- My fears won't stop me.
- My choices matter.
- None of us is as smart as all of us.
- My dreams and talents are special.
- I am special

EVIDENCE-BASED



Pricing Information

Standard Program Kit

- 2 DVDs (207 MIN.)
 - 1 Teacher's Guide (272 pp.)
 - 20 Activity Books (36 pp.)
 - 20 Sets of Character Stickers (240 stickers total)
 - 11 Color-In Posters (17" x 22")
 - 1 Music CD (songs from the video)
 - 1 Story & Song Book
 - 1 Yes-Yes Hand Puppet
 - 1 Tote Bag
 - 1 Afterschool Guide (download)
- X5000D\$399.00**

New Price

Additional Kid's Character Packs

Order one for each student.

| | |
|-----------------------------------|------------|
| X5104 Activity Book & Sticker Set | |
| 1-19 | \$5.95 ea. |
| 20-99 | \$4.95 ea. |
| 100-249 | \$3.95 ea. |
| 250+ | \$2.95 ea. |

When you need extras...

| | |
|------------------------------------|---------|
| Biblical & Theological Guide | |
| See page 54. | |
| X5011 | \$7.95 |
| Yes-Yes Puppet | |
| X5040 | \$19.95 |
| Teacher's Guide | |
| X5010 | \$39.95 |
| Music CD (11 songs from the video) | |
| X5070 | \$8.95 |
| Set of 11 Color-In Posters | |
| X5106 | \$34.95 |
| Story & Song Book | |
| X5030 | \$4.95 |

For more character education resources, see our website.

TEENS IN ACTION™

New!

“...will help teenagers learn communication and behavior skills that will make a difference in their family life and community relationships.”

- Karen Tenneson
Prevention Specialist

Helping Services for N.E. Iowa



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

Ages 11-16

Teens in Action is a high-energy, video-based program for ages 11-16. Developed over a period of five years and revamped in 2012, the program teaches 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 with adults and others; develop skills for resisting negative peer pressure; and learn techniques for peaceful conflict resolution.

This action-packed program is designed for use with teens and preteens alone. Your kit comes with many of the components necessary to “upgrade” to a parent/teen combo class when you're ready (see page 14).

EVIDENCE-BASED



Teach teens these powerful skills in just six 2-hour sessions:

Session I:

- 5 key qualities of character
- Understanding parents
- Your brain on adolescence
- The power of choice
- School success
- Challenges of teen life: drugs, sexuality and violence

Session II:

- The Spiral of Success
- Communication: the road to cooperation

Session III:

- Responsibility and freedom
- The voice of discipline
- Understanding and accepting consequences

Session IV:

- Courage and self-esteem
- The Think-Feel-Do Cycle
- Turn discouragement into encouragement
- Getting past power struggles

Session V:

- 10 risk-prevention strategies for teens
- Negative vs. positive influences
- Talking about sexuality

Session VI:

- Tobacco, alcohol, and other drugs
- Bullying and relationship violence
- Peer pressure
- Confronting high-risk behavior

Save \$80

Pricing Information

Jump-Start Package

- 1 Standard Program Kit (see below)
- 15 Teen's Guides
- 15 Responsibility Coins
- 15 Teen Completion Certificates
- 15 Parent/Teen Combo Certificates
- PowerPoint Presentation

X1749 \$489.00

Standard Program Kit

- 1 DVD (approx. 130 min.)
- 1 Teen & Parent/Teen Combo Leader's Guide
- 1 Teen's Guide
- 1 Teen Completion Certificate
- 1 Responsibility Coin
- 2 Course Announcement Posters
- Parent/Teen class materials (optional)

X1740 \$299.00

Additional Teen's Guides

take participants through the course and will become a valued resource later. (approx. 144 pp.)

- X1743 (Recommended)
- 1-24 \$13.95 ea.
- 25-99 \$12.95 ea.
- 100+ \$11.95 ea.

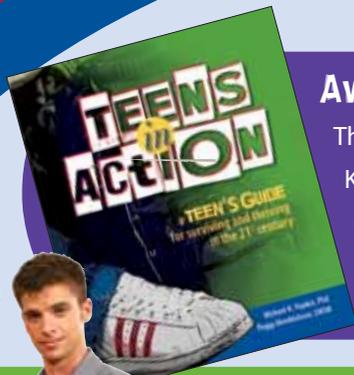
When you need extras...

- Teen Certificates (15)
- X1744 \$6.00
- Teen Course Poster
- X1745 \$2.00
- Teen & Parent/Teen Leader's Guide
- X1733 \$29.95
- Teen & Parent/Teen PowerPoint
- X1746 \$49.00

Video Library coming soon!

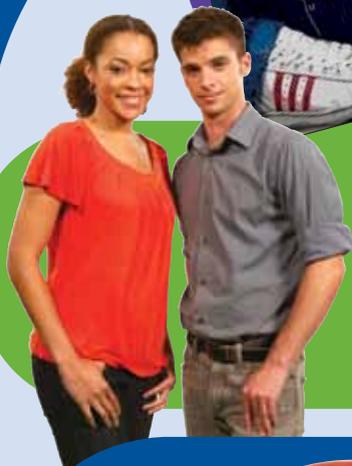
Families in Action—for teens and parents together
Bring parents and adolescents together with this research-based program. See page 14 for more information.

What's special about the new Teens in Action?



Awesome Teen's Guide

The easy-to-read participant's guide was written with today's teens in mind. Key stories are even presented in "graphic novel" format, created by leading comic artists! Provide one for each class participant so they have a reminder of the valuable lessons they learned...long after your class is over. (Bonus: parents find them useful to share with their kids, too!)



Cool new video

Why just lecture when you can turbocharge your sessions with video? The kids in your class will relate to narrators Alicia and Connor, who are in their 20s and remember what it was like being a teen! They have fun as they guide viewers through the engaging video scenes of teens and their parents.



Responsibility coins

Here's an all-new feature suggested by an Active Parenting leader. Give everyone a Responsibility Coin to carry in their pockets. It will remind them that with freedom comes responsibility—a key point of the program, and one that all teens need to internalize. Each Teen's Guide comes with a Responsibility Coin.



Packed with high-energy activities

- Get their brains going with games and other activities that also provide teachable moments. Your step-by-step Leader's Guide gives you all the details on how to run each activity. It also provides you with irresistible discussion-starters that will get the class to open up.

Crucial info about drugs, sex, and violence

Today's teens are aware of life's dangers, but they don't want to be lectured about it. Through the video and the class discussion, you will impart important information about drugs, alcohol, sexuality and violence and help them find ways to handle these challenges . . . without a yawn.

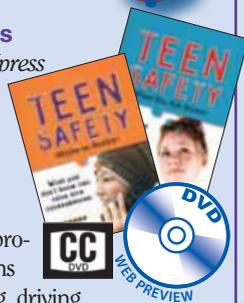


For Kids

Teen Safety videos

from Learning Zone Xpress

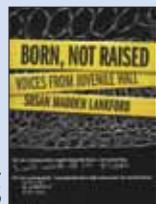
These videos arm teens with useful prevention skills. *Myths* explores ideas about abuse, sexual violence, and abduction. *Alone* provides strategies for teens while at home, walking, driving, babysitting, and more. Closed captioned. 17 min.
X6911 Myths vs. Reality \$79.95
X6912 When You Are Alone \$79.95



NEW!

Born, Not Raised: Voices from Juvenile Hall

by Susan Madden Lankford
 Uses interviews, letters, and drawings from troubled young people to offer insight on the impact of childhood trauma. Adult content. 203 pp.
X9249 \$18.95



The Realities of Sexting (you can't unsend!)

from Learning Seed

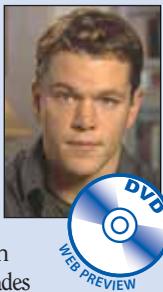
Teaches the definitions, motivations, and repercussions of sexting. **Two videos** in one: a student program with lesson plan; and a professional development program for educators. With reproducible parent flyer. 39 min. total
X6933 \$149.00



Alcohol: True Stories Hosted by Matt Damon

from Family Health Productions

In this video, young people tell their powerful stories about drinking and driving, addiction, and avoiding alcohol use. With discussion guide. Recommended for grades 5-12, parents and other caregivers. 20 min.
X6892D \$99.99



The Power of Girls: Inside and Out

from Family Health Productions

In this video, girls tell how they learned to handle bullying, eating disorders, early sexual activity, and deep loss. With discussion guide. Recommended for grades 5-12, parents and other caregivers. 20 min.
X6893D \$99.99



HOMEBOYS

From Academy Award-winning director Donna Dewey
 In these three videos, African-American gang members speak openly about their lives. By interviewing the same young men eight years apart, the videos make clear the tragic long-term consequences of violence and paternal neglect.



In **Homeboys: Life and Death in the Hood**, young members of the Crips and the Bloods talk about why they joined, life in the gang, friends who have died and the lure of dealing drugs. 26 min.

X6511D \$69.95

Homeboys: My Daddy's in Jail, filmed eight years later, presents the same men—all but one now in jail. It gives equal time to the prisoners and their children. 26 min.

X6512D \$69.95

In **Street Fighters: Breaking the Cycle**, a former drug dealer offers hope as he describes his violent life as a criminal, the horrors of prison and the moment when he decided to turn his life around. 16 min.

X6513D \$69.95

SAVE \$30! (Set of 3) **X6510D \$179.00**

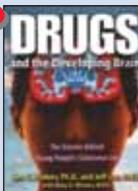
"... realistically examines the life of gang-bangers and the consequences of that life."
 - Youth Today

Best Value!

Drugs and the Developing Brain

by Ken Winters, Ph.D., and Jeff Lee, M.Ed.

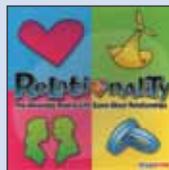
Use this PowerPoint presentation to explain the science behind teen drug use in relation to brain development and its role on judgment and decision-making. CD-ROM includes facilitator's guide, 8 lessons for teens on PowerPoint, and parent handouts.
X6945 \$44.95



Relationality: The Amazingly Real-to-Life Game about Relationships

created by Rebecca L. Brooks

Relationality is a board game with a fun, **research-based** approach to teaching relationship skills to teens. Not threatening or preachy. For 2-6 players, ages 13 and up.
X7135 \$42.95

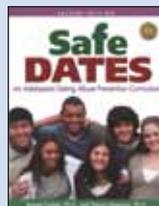


CHIEFS

From Academy Award-winning producer Donna Dewey

This acclaimed documentary video follows a team of Native American teens as they strive to recapture the state basketball championship while battling against poverty, alcoholism, drugs and racism. After graduation, the young men's next challenge is to convert the pride and success they experience on the basketball court into success in their adult lives—including higher education and employment.

CHIEFS is split into 3 distinct sections for easy viewing and discussion. Discussion questions included. 89 min.
X6672D \$99.95



Safe Dates Program

by Vangie Foshee, Ph.D.; and Stacey Langwick, Ph.D.

A 9-session adolescent dating abuse prevention curriculum. Proven to be effective with both boys and girls, the program addresses perpetrators of violence as well as victims. **(A SAMHSA Model Program; listed on NREPP.)** 149 pp. with handouts on CD-ROM.
X8939 \$225.00

Prison Dialogues: A Message to Our Youth

from the Bureau for At-Risk Youth

In this powerful video, inmates describe the harsh realities of life in prison and offer advice to young people to help them avoid making the same mistakes. 30 min.
X6694D \$95.00





New!

The Connecting with Kids videos feature real teens talking about their experiences with the critical issues of the day. Produced by a former TV reporter, they are fast-paced and packed with information and indelible images. These videos are economical, too: use the same one **for students and for parents!** Each comes with Lesson Plans on CD-ROM for middle and high school students, plus discussion questions and a reproducible tips sheet for the parents. Lesson Plans are in English. Spanish editions are dubbed. Videos are approx. 22 min. ea.

Prescription for Trouble

Somehow today's teens have gotten the impression that legal drugs are harmless. In this video they'll witness true stories of the dangerous—and sometimes deadly—outcomes for teen prescription drug abusers, and hear from their parents and friends. Experts also share their views on what to do to stop this trend. *22 min.*

X5285 English \$79.95

Sticks and Stones: Verbal Harassment

True stories from teens who were bullied with name-calling, gossip, nasty e-mails and exclusion. Kids say this kind of torment hurts worse and leaves deeper emotional scars even than physical bullying. *22 min.*

X5288 English \$79.95

X5288SP Spanish \$79.95

Shattered: Drunk Driving

A compelling story about the tragedy of drinking and driving. This powerful video features interviews with the participants in a real-life drunk driving incident: eyewitnesses; the victim's family; the driver's family; and the teenage driver, now in prison. *22 min.*

X5283 English \$79.95

X5283SP Spanish \$79.95

Just Once: Meth Abuse

Meth is the drug police hate the most: it's cheap, easy to make, and can be addictive after just one use. Learn the devastating health risks and behavioral dangers of using meth, and see what some people are doing to fight back. *22 min.*

X5284 English \$79.95

X5284SP Spanish \$79.95

Bright Kids, Bad Grades

Most children diagnosed with learning disabilities are bright and eager to learn, but they struggle to keep up in school. They get frustrated, teased, and sometimes labeled as "stupid" or "lazy." This video shows innovative programs that help kids succeed. Hear the inspiring true stories and latest learning research—and learn how to thrive. *22 min.*

X5281 English \$79.95

X5281SP Spanish \$79.95

Violent Age

Examines the problem of youth violence (robbery, sexual assault, bullying) and offers insight into the feelings and thoughts of both victims and instigators of violence, as well as what can be done to prevent youth violence. *22 min.*

X5287 English \$79.95

X5287SP Spanish \$79.95

Silent Witness

Those who witness bullying say they are afraid of becoming victims if they try to stop it. Use this video to learn about the power bystanders have to stop bullying, the difference between tattling and reporting, and how "telling" not only protects victims, but could protect a bystander, too. *22 min.*

X5286 English \$79.95

Good Kids, Bad Choices

Drinking, drugs, sex and more. Describes why some teens take dangerous risks, the underlying causes of bad choices, and what families can do to minimize the risks of adolescence. *22 min.*

X5282 English \$79.95

SAVE \$80 on the set!

X5289 English (set of 8) \$559.00

X5289SP Spanish (set of 5) . . \$319.00

Character Education for Elementary School

Each video contains 3 distinct segments featuring real kids whose real stories address a different topic of character education. The 35-page Lesson Plan on CD contains discussion points, activities, a glossary and more. *Approx. 20 min. ea.*

Perseverance/Responsibility/Tolerance

X5201D \$69.95

Helpfulness/Kindness/Loyalty

X5202D \$69.95

Courage/Diligence/Caring

X5203D \$69.95

Self-Control/Fairness/Togetherness

X5204D \$69.95

Honesty/Freedom/Courtesy

X5205D \$69.95

Generosity/Trustworthiness/Cooperation

X5206D \$69.95

Buy 5 get 1 FREE (Set of 6 with Lesson Plans)

X5200D \$349.00



Bullying

Conflict Resolution for Educators

from Schlessinger Media

These closed-captioned DVDs for grades 5-12 showcase challenging situations and how to resolve them. Promotes the need for a safe, healthy learning environment. With Facilitator's Guide.



Bullying: Gaining Insight

Identifying and solving bullying problems in boys and girls. 36 min.

X6838D.....\$39.95

Students & Self-Destructive Behavior

Spotting signs of dangerous behavior and providing help when needed. 49 min.

X6839D.....\$39.95

X6840D (Set of 2 DVDs).....\$79.95

See our website for more on these topics.

Bullying, Teasing and Put-Downs:



What Victims Can Do

In this video for grades 4-8, children share their own experiences with bullying and teasing. Youth workers explain why bullies act that way and what makes someone a target of their behavior. With a Leader's Guide. 22 min.

X6693D.....\$89.00

Becoming Someone's Hero

by Sandy Ragona; illus. Brian Caleb Dumm.

A colorful workbook teaching children how to respond and become effective bystanders during bullying situations. For grades 1-5. 40 pp.

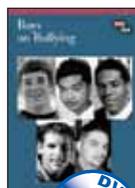
X9248.....\$14.95

Boys on Bullying

from Family Health Productions

In this video, boys tell how they dealt with bullying through support from friends, parents, or other caring adults. With discussion guide. Recommended for students in grades 5-12, parents and other caregivers. 20 min.

X6906D.....\$99.99



Good-Bye Bully Machine book

by Debbie Fox and Allan L. Beane, Ph.D.



Helps kids understand the impact of bullying by comparing it to a mean machine. They see how bullying makes the machine grow stronger, but kindness dismantles it.

For ages 8+. Hardcover. 48 pp.

X9244.....\$12.99

The New Bully-Free Classroom

by Allan L. Beane, Ph.D.

Information and in-service helping K-8 educators empower bystanders, aid targets, and counsel those who bully. 192 pp. with CD-ROM.

X9246.....\$39.99

Peaceful School Bus Program

by James Dillon, M.S.

A schoolwide program to reduce inappropriate behavior on buses while creating a climate of respect and cooperation. Kit contains Leader's Guide, DVD, and CD-ROM with reproducible materials. For grades K-12.

X6859D.....\$129.00



No Kidding about Bullying

by Naomi Drew, MA

Activities to help kids in grades 3-6 build empathy, manage anger, work out conflicts, and stop bullying by peers. Featuring 125 mini-lessons that may be completed in 20 minutes or less, the book + CD-ROM is a flexible resource that can be used as a stand-alone curriculum or a complement to bullying and character education programs already in place. 288 pp.

X9196.....\$39.99



Cool Down/Talk It Out

by Cheri J. Meiners, M.Ed.

In these sweet books for ages 4-8, children learn concrete social skills for anger management and conflict resolution. 40 pp. ea.

Cool Down and Work through Anger X9176.....\$10.95

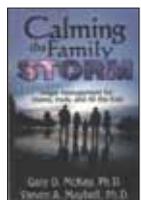
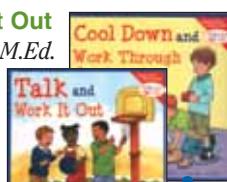
Talk and Work It Out X9245.....\$10.95

Calming the Family Storm: Anger Management for Moms, Dads, and All the Kids

by Gary D. McKay, Ph.D., and Steven A. Maybell, Ph.D.

Provides tools for handling anger in all kinds of families, including single-parent families and stepfamilies. 306 pp.

X8728.....\$16.95



Anger Management

Soft-Spoken Parenting: 50 Ways to Not Lose Your Temper With Your Kids

by H. Wallace Goddard, Ph.D.

Simple, practical strategies to become kinder, more patient, and more loving to your children amidst all the turmoil of daily life. 201 pp.

X8895.....\$15.95



What Angry Kids Need

by Jennifer Arne Brown and Pam Provonsha Hopkins

Explains why kids get angry, what anger management skills they (and the entire family) can be taught, how adults can model anger management techniques—and how adults can cope when nothing seems to work. 140 pp.

X9136.....\$14.95



Angry? Ten Ways to Cool Off

from Sunburst Visual Media

Hands-on workshop with ten effective strategies young children can use to handle angry feelings without breaking things or hurting other people or themselves.

DVD comes with teacher's guide and student handouts. For grades K-2. 18 min. X6851D.....\$99.95



Angry Children, Worried Parents: 7 Steps to Help Families Manage Anger

by Goldstein, Brooks & Weiss

Understand the causes of anger in children ages 6-16 and design a program to help them manage angry feelings and behavior. 148 pp.

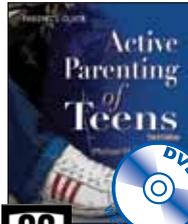
X8715.....\$18.95



What's Wrong With My Kid? **NEW!**

by George E. Leary, Jr.
Explains the warning signs and nature of drug addiction and how to intervene and find treatment for both the teen and the family. 288 pp.

X9243..... \$14.95



Active Parenting of Teens (3rd ed.)

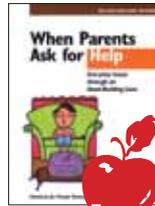
from Active Parenting
Provide parents with the skills they need to use effective discipline, teach responsibility, and communicate with their teens. See page 12 for a complete description.



X4503 Parent's Guide..... \$14.95
X4500D Program Kit..... \$399.00

When Parents Ask for Help

by Renie Howard,
Search Institute
Give parents of adolescents a fresh new look at their most frequently asked questions with these **reproducible handouts**. 144 pp.



For Teachers

X8640..... \$29.95

Helping Teens Handle Tough Experiences: Strategies to Foster Resilience
by Jill R. Nelson, Ph.D., and Sarah Kjos, M.Ed.

Provides information to help guide teens through 20 tough experiences, including suicide, sexual abuse, gangs, addicted parents, and homelessness. Comes with CD-ROM containing reproducible handouts, resources, and more. 120 pp.

X8941..... \$29.95



Teen Stages
by Elizabeth & Ken Mellor

Examines each year of a teen's development, explaining why they act the way they do, what they really need, and

how to communicate with them. 213 pp.
X9150..... \$14.99



Active Parenting of Teens Online

Take the complete *Active Parenting of Teens* (p. 12) class online! Access the class anywhere, anytime via the Internet. Organizations can arrange to provide these classes to the families they serve (call for details).

X3602..... \$69.95

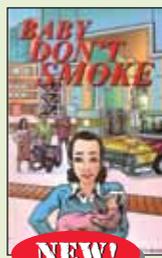
Parenting for Teen Parents

Working with Teens: Pregnant or Parenting

A series of videos for teen parents, their own parents, and their educators. Approx. 20 min. ea.



X6712D (for teens)..... \$79.95
X6713D (for educators)..... \$79.95
X6711D (for parents of teens).. \$79.95
X6710D (Set of 3)..... \$219.95



Baby, Don't Smoke

An enticing graphic novel about a teen parent who learns why smoking is bad for her—and her baby. 40 pp.

X9238..... \$9.95

Young Men as Fathers: For Educators and Caregivers

from KidSafety
Describes how to build and maintain effective programs that encourage young fathers to participate in the lives of their children. 35 min.



X6562D (for educators)..... \$89.95
X6563D (for fathers)..... \$69.95



Creating a Clean and Healthy Home

from KidSafety of America
This video shows young parents ways to create and maintain a healthy home. Developed based on HUD guidelines for healthy homes. 28 min.



X6707D..... \$79.95

1,2,3,4 Parents!

from Active Parenting
Use this video and discussion program to help new parents learn important parenting skills for young children, including nonviolent discipline techniques that really work; caring for the caregiver; and more. See page 8 for a complete description of this program.



X1603 Parent's Workbook..... \$14.95
X1600D Program Kit..... \$249.00

The Baby Care Workshop

from Snowden Media
A 9-part instructional video series demonstrating basic skills that are vital for newborn care—from diapering to bathing to feeding. See page 45 for a complete description of this series.



X4400D (English)..... \$399.00
X1270D (Spanish)..... \$399.00

Life Skills for the Teen Parent

Helps young parents recognize their strengths and weaknesses. Focuses on how they can improve their self-esteem while understanding the importance of becoming self-aware and self-directed. With study guide on CD. 23 min.



X6450D..... \$95.00



150 Tips and Tricks for New Moms/Dads

by Weiss/Iannelli
Written in an easy-to-read format and friendly tone, these books help new parents

feel at ease as they learn to tackle the challenges of parenthood. 202 pp. ea.

X8997 Moms..... \$9.95
X8998 Dads..... \$9.95

For more fatherhood, see page 53



Real Life Teens: Teen Pregnancy **NEW!**

This video explores many facets of teenage pregnancy and parenthood, while encouraging viewers to become educated about sexual responsibility. With Teacher's Guide. 18 min.



X6938..... \$64.95

Pass-Along Papers: 52 Parent Handouts Ready to Photocopy and Pass Along

by Barbara Kuczen, Ph.D., and Carly Kuczen, M.A.

These 52 reproducible flyers are for teachers and parent educators to “pass along” to parents and other caregivers.

Each 2-sided flyer describes a typical childhood challenge—aggressive behavior, bed wetting, stuttering and television, to name a few—explains some factors influencing the problem, offers a list of suggestions, and then encourages the reader to come up with a Family Action Plan. 110 pp. **X1850 (English) \$39.95**
X1850SP (Spanish) (on CD) . . . \$39.95

English or Spanish!

The Complete Pregnancy Guides

by Alex A. Lluich and Benito Villanueva, M.D.

These friendly books take the mystery out of having a baby and educate parents on what to expect every day of the amazing and exciting 9 months of pregnancy. 356 pp. (Dads); 478 pp. (Moms)

X9272 for Dads \$16.95
X9273 for Moms \$16.95



NEW!

Childhood Nutrition: Preventing Obesity

from InJoy

A 2-volume set for ages birth to five. Show effective ways to develop healthy eating and exercise habits in young children. Contains “Feeding Your Baby (Birth to Age 1)” and “Young Children Eating Right (Ages 1-5).” Comes with a 6-minute bonus clip created just for children. With 21-page downloadable Facilitator’s Guides. Closed captioned. (22 min. ea.)

X6944 (Set of 2) \$179.90



NEW!

The Five-Minute Parent: Fun & Fast Activities for You and Your Little Ones

by Deborah Shelton

Over 100 fast, fabulous, fun activities for anyone wanting to build strong bonds with a child and have fun doing it! 180 pp.

X8661 \$12.95

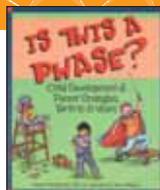


Is This a Phase?

by Helen Neville, BS, RN

Helps new parents figure out if the odd behavior they are seeing is just a phase or something to talk about with the doctor. 220 pp.

X9142 \$22.95



Toddler Tools board books

by Elizabeth Verdick; illus. by Marieka Heinlen

These colorful board books help toddlers with key transitions throughout the day. Ideal for both home and childcare settings. Contains tips for caregivers at the end. Hardcover. 24 pp. ea.

- X9106 Sharing Time \$7.95**
- X9105 Manners Time \$7.95**
- X8929 Clean-Up Time \$7.95**
- X9141 Calm-Down Time \$7.95**
- X8930 Bye-Bye Time \$7.95**
- X9140 Bedtime \$7.95**
- X8931 Naptime \$7.95**
- X8932 Listening Time \$7.95**
- X9228 Mealtime \$7.95**
- X9263 On-the-Go Time \$7.95**
- X9264 Set/10 SAVE 10% \$71.55**



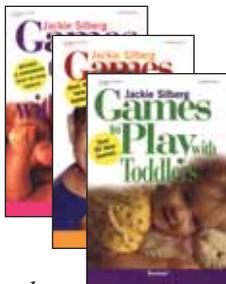
NEW!

Games to Play...

by Jackie Silberg

Categorized by age and type of game, these activities will help you build important developmental skills while bonding with your baby. 285 pp. each

- X8426 Babies \$14.95**
- X8427 Toddlers \$14.95**
- X8428 2-Year-Olds. \$14.95**



Eat, Sleep, Poop: A Common Sense Guide to Your Baby's First Year

by Scott W. Cohen, M.D.

Provides the knowledge you need to parent with confidence, to relax and enjoy baby's first year, and to raise your child with the best tool a parent can have: informed common sense. 290 pp.

X9138 \$16.00



Mommy, Draw Stars on My Tummy: Rhymes, Songs, and Touch-Play Activities to Stay Connected

by Martine Groeneveld; illus. by Brad Kunkle

Healthy and loving “touch-play” activities parents can use to comfort, calm and connect with their children in a loving way. Hardcover. 39 pp.

X9132 \$19.95



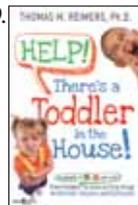
For Kids

Help! There's a Toddler in the House!

by Thomas M. Reimers, Ph.D.

Proven strategies for parents of 2- to 6-year-olds to survive and thrive through the mischief, mayhem, and meltdowns. 260 pp.

X9203 \$14.95



If Your Kid Eats This Book, Everything Will Still Be Okay

by Lara Zibners, M.D.

A pediatrician explains how to tell if a child's injury or illness is really an emergency—or if they might be able to just go back to bed and call the doctor in the morning. 305 pp.

X9137 \$14.99



Best Behavior board books

These colorful board books for children ages 1-4 describe the many good things they can do with their hands, feet, words, etc. Hardcover. 24 pp. ea. See p. 35 for Spanish.

- X8557 Hands Are Not for Hitting . . \$7.95**
- X8641 Teeth Are Not for Biting . . . \$7.95**
- X8658 Words Are Not for Hurting \$7.95**
- X8710 Feet Are Not for Kicking . . . \$7.95**
- X8731 Tails Are Not for Pulling . . . \$7.95**
- X8795 Germs Are Not for Sharing \$7.95**
- X8814 Set/6 SAVE 15% \$39.95**

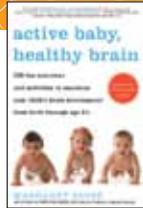
Matching posters on our website.

Active Baby, Healthy Brain

by Margaret Sassé

135 fun exercises and activities to maximize your child's brain development from birth through age 5½. 160 pp.

X9163 \$15.95

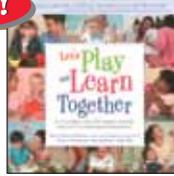


Let's Play and Learn Together

by Roni Cohen Leiderman and Wendy S. Masi

Opens a world of fun and learning for you and your young child with more than 375 games, activities, tips, ideas, and songs. 176 pp.

X9265 \$18.99



NEW!

The Dream Sleeper

by Conner Herman and Kira Ryan

A three-part plan for teaching your baby to love sleep—through the night. 264 pp.

X9266 \$17.95



NEW!

Dad to Dad: Parenting Like a Pro

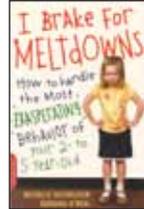
by David L. Hill, M.D.,

Helps men feel more comfortable about fatherhood by putting answers to day-to-day parenting issues at their fingertips. 373 pp.

X9252 \$14.95



NEW!



I Brake for Meltdowns

How to handle the most exasperating behaviors of your 2-to 5-year-old. 324 pp.

X9117 \$14.95



My Body Belongs to Me

Gently tells the story of a child who is touched by a family friend and tells a parent. Opens discussion about a delicate subject. For ages 3-10. Hardcover. 26 pp.

X9259 \$14.95



Video Resources



Go To Bed! Kids and Sleep



A Learning Seed Video
After nine cozy months in the womb, newborns need to adjust sleep patterns to fit their new world. This video helps parents understand

sleep and explores ways to establish safe, sound sleep habits. With discussion guide. Closed captioned. 22 min.

X6724D \$99.00

The Not-So-Terrible Twos

A Learning Seed Video
Demonstrates the major physical, mental, emotional and developmental milestones of the third year of life. Includes language skills, toilet training, self-awareness, and concern for others. With discussion guide. Closed captioned. 22 min.

X6728D \$99.00



The Brain

from Learning Zone Xpress

This set of DVDs brings a practical, easy-to-understand approach to how best to develop a young child's brain, from age 0-5. Closed captioned. 20-21 min. ea.

Developing Memory in Developing Brains

X6922 \$79.95

Activity, Sleep & Boredom

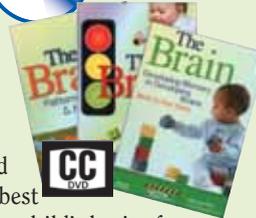
X6921 \$79.95

Pattern, Structure & Novelty

X6920 \$79.95

The Brain (Set of 3 DVDs)

X6923 SAVE \$19 \$219.95



1,2,3,4 Parents!

Use this video and discussion program to help new parents learn basic parenting skills, including non-violent discipline techniques that really work; powerful encouragement skills; caring for the caregiver; and more. See page 8 for a complete description of the program.



X1603 Parent's Workbook \$14.95

X1600D Program Kit \$249.00



Age-Appropriate Play: The First Four Years

from InJoy
Use this three-volume set of DVDs to show parents how to lay the foundation for lifelong learning.

Shows how to stimulate children's brains at the early stages of growth—from developing a newborn's gross motor skills to encouraging language-learning in a toddler. Each video is 15-24 minutes long and comes with a Facilitator's Guide with activities. Closed captioned.

X6834D (Set of 3) \$249.85

The BabyCare Workshop

This 9-part instructional video series demonstrates basic skills that are vital for newborn care.

The videos cover topics from bathing to burping, from safety to siblings. With a practical approach designed to build confidence, the videos feature real parents mastering basic baby-care skills. The series is perfect for anyone with a brand-new baby: parents, grandparents, teen parents, siblings, caregivers, and more. Available in English or Spanish.



Volume 1 contains 3 videos on one DVD: "Handling, Diapering, and Dressing" (15 min.), "Calming Your Baby" (9 min.), and "When Your Baby Is Sick" (10 min.)

Volume 2 contains 3 videos on one DVD: "Safe & Sound" (13 min.), "Play Time" (13 min.), and "Bath Time" (11 min.)

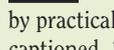
Volume 3 contains 3 videos on one DVD: "Feeding Your Baby" (16 min.), "Postpartum Care" (10 min.), and "Sibling Preparation" (16 min.)

X4401D Vol. 1 \$149.95

X4402D Vol. 2 \$149.95

X4403D Vol. 3 \$149.95

X4400D Set/9 videos on 3 DVDs . . \$399.00



Shaking, Hitting, Spanking: What To Do Instead

Easy-to-use techniques every parent will appreciate. Shows four common scenes that often lead to shaking, hitting or spanking a child followed by practical, nonviolent suggestions. Closed captioned. 30 min.

X6418D \$95.00



Bonding with Your Baby

From their own living rooms, four families share ways to love, nurture and communicate with babies and young children. Comes with discussion guide. Available with open captions. 16 min.

X6405D \$79.95

NEW!

Keeping Your Child in Mind

by *Claudia M. Gold, M.D.*
Overcoming defiance, tantrums, and other everyday behavior problems by seeing the world through your child's eyes. 229 pp.

X9253\$15.00

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 curious, adventurous, powerful, persistent and sensitive—"CAPPS"—presenting a challenge for parent and professional alike. This book, by Active Parenting's Dr. Michael Popkin, shows how to understand and tame a child's behavior while celebrating the gift of spirit. 266 pp.

X8839\$15.99

Best Things Fathers Do: Ideas and Advice from a Real-World Dad

by *Will Glennon*
Celebrates the unique traits a father brings to the family, giving dads tools to harness these strengths and build powerful bonds with their children. 173 pp.

X8924 \$14.95

The Entitlement-Free Child

by *Karen Deerwester*
The essential resource for how and when to say no, how and when to praise, how to handle age-appropriate challenges, and how to set reasonable expectations—all while maintaining unconditional love. 205 pp.

X9164\$14.99

How to Hug a Porcupine: Negotiating the Prickly Points of the Tween Years

by *Julie A. Ross, M.A.*
Explains the changes a pre-teen experiences and how a parent can respond in a positive way. With tips for talking about sex, drugs, and alcohol so your tween will listen. 210 pp.

X9205\$15.95

The No-Cry Discipline Solution

by *Elizabeth Pantley*
Turns discipline into a positive, affirming experience by offering a collection of proven techniques that you can tailor to your child's unique personality. 293 pp.

X9204 \$16.95

Video Resources

My Brother Bit Me! Parenting Siblings

A Learning Seed Video
Viewers learn how to give all their children individual attention without playing favorites and how to help kids learn to solve conflicts on their own. Comes with a 12-page study guide. 19 min.

X6446D \$99.00



Yelling, Threatening and Putting Down: What to Do Instead

Demonstrates common-sense techniques for dealing with four challenging parent-child interactions: active children, angry children, whining children, and sibling fights. Closed captioned. 35 min.

X6480D\$95.00



Challenging Behaviors in Young Children: Techniques and Solutions

by *Grace M. Hanlon*
Live classroom footage shows teachers effectively defusing tantrums, fighting, noncompliance, separation anxiety and other inappropriate behaviors found in young children. 50 min.

X6706D \$54.95



Kids & Family Food Issues

from *Learning Zone Xpress*
From picky eaters to over-eaters—mealtime can be a battle. This video explores six common family eating issues, along with practical solutions to make meals pleasant for everyone. With teaching materials. Closed captioned. 27 min.

X6910 \$99.00



Encouraging Positive Activities

Parents share ideas about getting kids involved in (and sticking with) music, sports, chores and more. 18 min.

X6403 \$79.95



Winning at Parenting... without Beating Your Kids

by *Barbara Coloroso*
In this video, acclaimed speaker and *Kids Are Worth It* author Barbara Coloroso takes a humorous approach to parenting issues such as chores, discipline, rebellion and sex education. 119 min.

X6008D \$25.00



Disciplining Kids without Screaming and Scolding

A Learning Seed Video
This very practical video paints a dramatic picture of the wrong way to discipline kids and gives clear, sensible ideas of how to change behavior using encouragement and effective reprimands. With 12-page downloadable Leader's Guide. Closed captioned. 20 min.

X6447D \$99.00



Setting Limits and Boundaries: How to Say No to Your Kids

by *Jon Halpern & Jeff Fink*
Setting family rules and expectations, staying firm when children try to negotiate, and setting appropriate consequences when rules are broken. 24 min.

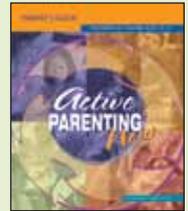
X6556D \$39.95

Active Parenting Now: For Parents of Children Ages 5 to 12

Use this program to help parents learn positive, non-violent discipline skills; effective ways to communicate with their children; how to deal with drugs, sexuality and violence; and more. See page 10 for a complete description of the program.

X1903 Parent's Guide \$14.95

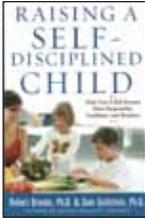
X1900D Program Kit \$399.00





Raising a Self-Disciplined Child

by Robert Brooks and Sam Goldstein

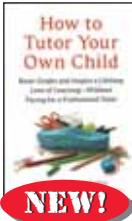


Offers a positive approach to teaching children the value of self-control, self-reliance, and self-assurance—important skills that will last a lifetime. 291 pp.

X9269 \$15.95

How to Tutor Your Own Child

by Marina Koestler Ruben



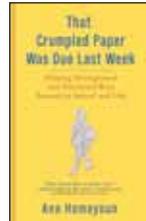
A professional tutor shows how to balance curiosity with the academic nitty-gritty of homework assignments. With info for tutoring children in any subject from K-12. 208 pp.

X9256 \$13.99



That Crumpled Paper Was Due Last Week: Helping Disorganized and Distracted Boys Find Success in School and Life

by Ana Homayoun



Teaching boys how to get organized, how to study, and—most important—how to visualize, embrace, and meet their own goals. 304 pp.

X9148 \$15.95

Eat! Move! Play!

from Weight Watchers



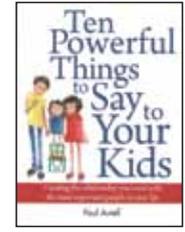
Filled with doable tips, ideas, checklists and kid-friendly recipes to help parents implement the best practices for eating healthier and moving more. 227 pp.

X9154 \$19.95

Ten Powerful Things to Say to Your Kids



by Paul Axtell



A pretty book filled with practical, down-to-earth ideas for creating remarkable relationships with the children in your life. Guides you toward deeper, more meaningful connections. 179 pp.

X9239 \$15.85

Loving Your Child Is Not Enough: Positive Discipline that Works

by Nancy Samalin



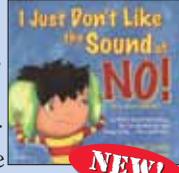
How to set clear, concise guidelines to ensure positive and constructive discipline. Filled with practical solutions to everyday problems—such as anger, sibling rivalry, avoiding daily battles, and learning to let go. 252 pp.

X8494 \$14.00

For Kids For Kids
More games on page 36.

I Just Don't Like the Sound of NO!

by Julia Cook; illus. by Kelsey de Weerd



No matter what the situation, RJ works hard to get his parents to change “No” to a “Maybe” or even a “Yes.” But once his teacher shows him how to disagree appropriately, he sees how much more agreeable life can be. For grades K-6. 32 pp.

X9255 Book \$13.99

X9278 Leader's Guide \$19.95



Internet Safety

These videos feature real kids and parents describing risky problems they've encountered on the Internet and the safety measures they take. The video for children contains both English and Spanish audio and comes with a Teacher's Guide. Both videos are closed-captioned in English. (Kids, 13 min.; Parents, 53 min.)



X6946 for kids \$39.95

X6947 for parents \$49.95



The Mouse, the Monster, and Me: Assertiveness for Young People

by Pat Palmer; illus. by Sue Ramá

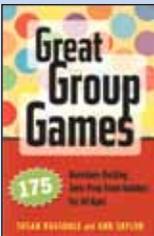


Story and activities to explore aggressive “monster” and passive “mouse” behaviors, helping young readers identify these characteristics in themselves and in others. Teaches healthy conflict management skills to prevent bullying. For ages 8 and up. 74 pp.

X9221 \$12.95

Great Group Games

by Susan Ragsdale and Ann Saylor



175 low-prep activities to disband cliques, help newcomers feel welcome, and turn youth into friends who can count on each other. 224 pp.

X8921 \$16.95

The Thank You Book for Kids: Hundreds of Creative, Cool and Clever Ways to Say “Thank You”

by Ali Lauren Spizman

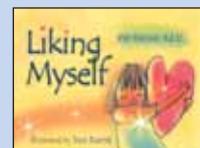


14-year-old Ali Spizman wrote a book for kids to show how saying thanks can be fun and rewarding. Hardcover. 148 pp.

X8527 \$12.95

Liking Myself

by Pat Palmer; illus. by Sue Ramá



An encouraging book to build self-esteem and emotional literacy. Through cheerful drawings and activities, readers learn how to cope with their feelings without hurting others. For ages 5-11. 78 pp.

X9222 \$12.95

Active Parenting Now Online

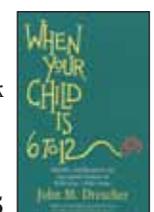
Take the complete *Active Parenting Now* (p. 10) class online! Access the class anywhere, any time—all you need is a computer and an Internet connection.

Organizations can arrange to provide these classes to the families they serve (call for details).

X3600 \$69.95

When Your Child is 6 to 12

by John M. Drescher

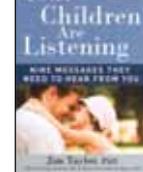


This book is a call to enjoy the relative ease of the middle years, but not to overlook their importance in building a foundation for the teen years and beyond. 96 pp.

X9227 \$8.95

Your Children are Listening: Nine Messages They Need to Hear from You

by Jim Taylor, Ph.D.



Points out the impact of a parent's words and actions on a child, the different ways parents send messages to children, message blockers, and key ideas to share. 256 pp.

X9226 \$13.95

Show Me Your Mad Face

NEW!

by *Connie J. Schooes, Ph.D.*
Explores the reasons behind angry behavior in children and teens. Encourages parents not to avoid triggering anger, but rather to value these opportunities to teach children how to handle angry feelings. 222 pp.

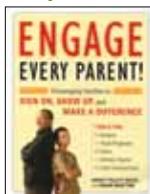
X9254\$13.95

Engage Every Parent! Encouraging Families to Sign on, Show up, and Make a Difference

by *Nancy Tellett-Royce and Susan Wootten*

Tips for teachers, coaches, and other youth workers to help make communication with parents easier. 125 pp. With reproducible handouts on CD-ROM.

X8928 \$29.95



Ages & Stages: A Parent's Guide to Normal Childhood Development

by *Dr. Schaefer and DiGeronimo*

A comprehensive guide to your child's psychological development from birth through age 10. Helps parents monitor progress, identify the reasons for differences in siblings, and even determine how parenting strategies should change as a child grows. 232 pp.

X8721\$27.95



NEW!

Cleaning House

by *Kay Wills Wyma*

A mother of 5 guides her children to independence by teaching them household chores—and teaching herself to let go. Describes the ways meaningful work can transform self-absorption into self-confidence and concern for others. 277 pp.

X9279 \$14.99



Active Parenting booklets

by *Michael H. Popkin, Ph.D.*

These reader-friendly booklets include the best from *Parents on Board's* parent-involvement tips and *Active Parenting Now's* encouragement skills. A

cost-effective give-away at PTA meetings and resource centers. 28 pp.

X1515 1-49 \$2.00 each

X1515 50-99 \$1.50 each

X1515 100+ \$1.25 each

There's Always Help: Suicide Prevention

This video for teens explores the warning signs of suicide, and describes what we can do to help prevent it. For grades 9-12. Comes with Teacher's Guide. 15 min.

X6943\$79.95



Beyond Words

from *CWK Network*

This video explores issues of communication in early childhood, from the importance of touch to the development of language. Special focus on Asperger's Syndrome, selective mutism, and delayed speech. Comes with a sample Parent Booklet. 24 min.

X5231 Video \$59.95

X5281 Booklet \$2.95

See our website for more Special Needs.

Meeting the Challenge: Parenting Children with Disabilities

This award-winning video was created specially for parents of special-needs children. Other parents with similar experiences and feelings share their stories. 96 min.

X6417D \$69.95

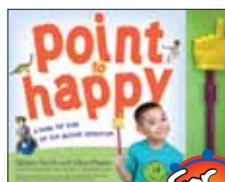


Point to Happy: A Book for Kids on the Autism Spectrum

by *Miriam Smith and Afton Fraser*

Combines a board book with a pointer to create a tool for children to express their feelings. Hardcover. 20 pp.

X9209 \$19.95



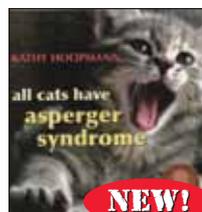
For Kids

All Cats Have Asperger Syndrome

by *Kathy Hoopmann*

Using humorous and insightful photos of pretty kitties, this book evokes the joys and challenges of raising a child who is different and leaves the reader with a sense of the dignity, individuality, and potential of people with AS. Hardcover. 65 pp.

X9241 \$14.95



NEW!

41 Things to Know about Autism

by *Chantal Sicile-Kira*

Answers 41 common questions, including "What is autism, and why is it called a spectrum disorder?" and "What hope is there for the future for people on the autism spectrum?" 211 pp.

X9160 \$9.99



Successfully Parenting Your Baby with Special Needs

by *Grace M. Hanlon*

Describes the advantages of early intervention, a system of services designed for children with unique needs from birth to age 3. 50 min.

X6661D \$54.95



SPECIAL NEEDS

Grandparenting a Child with Special Needs

by *Charlotte E. Thompson, M.D.*

Provides guidance on how to grandparent a child with special needs and give each grandchild the love and care they deserve. 256 pp.

X9247 \$19.95



Breakthrough Parenting for Children with Special Needs: Raising the Bar



of Expectations

by *Judy Winter*

Offers a proven approach for families and professionals to help children with special needs to reach their full potential. 288 pp.

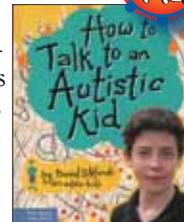
X9153 \$15.95

How to Talk to an Autistic Kid

by *Daniel Stefanski*

A 14-year-old boy describes what it's like being autistic and answers many questions readers might have about their autistic peers. For ages 8+. Hardcover. 43 pp.

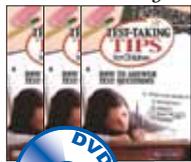
X9208 \$12.99



For Kids

Test-Taking Strategies

from Schlessinger Media



These two video series provide detailed tips to help students become confident, effective test-takers. Comes with Teacher's Guide.



Closed-captioned videos with optional Spanish track. 23 min. ea.

X6807 (Set of 3 for grades 3-6) . . . \$89.95
X6808 (Set of 7 for grades 7-12) . . . \$279.65

Bright Kids, Bad Grades



from CWK Network

Most students with learning disabilities are bright and eager to learn, but find school to be a struggle.



Learn about the latest learning research and help your child thrive. With Facilitator's Guide. 22 min.

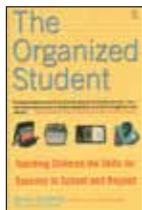


X5281 \$79.95

The Organized Student: Teaching Children the Skills for Success in School and Beyond

by Donna Goldberg with Jennifer Zwiebel

When the disorganized child meets the departmentalized structure of middle school, everything can fall apart.



This book offers strategies

for helping parents identify and teach organizational skills. **Special section for LD and kids with two homes.** 288 pp.

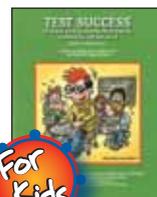
X9197 \$14.95



Parents on Board
from Active Parenting Publishers

Use this comprehensive video and discussion program to help parents learn ways to support their children's efforts in school. See page 24 for a complete description of the program.

X1503 Parent's Guide \$13.95
X1500D Program Kit. \$249.00



Test Success

by Blythe Grossberg, Psy.D.

Helps students on all kinds of tests, including standardized, multiple-choice, essay, and math.

Offers strategies for students with ADD or LD. 89 pp.

X9158 \$21.95

Let's Talk About Being in Special Education



by Diane Jordan; illus. by Colette Taylor-Clements

Demystifies special education and helps students see it as a tool to their success rather than a stigma. 30 pp.

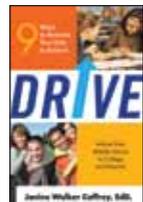
X9240 \$12.95

Drive: 9 Ways to Motivate Your Kids to Achieve

by Janine Walker Caffrey, EdD

Outlines nine specific steps proven to beat boredom and foster self-motivation and resourcefulness. 213 pp.

X9126 \$16.00



Families Talk about...Education Starts at Home

In this video, parents demonstrate how to prepare infants and young children for a life of learning by providing a solid foundation of healthy behaviors. 24 min.



X6406D \$79.95

ADHD

ADHD: What Do We Know? and ADHD: What Can We Do?

by Russell A. Barkley

These videos offer an introduction to ADHD and a variety of techniques for managing it. Use for teacher in-service training, support groups, or group therapy. Each includes a Leader's Guide and program manual. 36 min. each

X6597D (Set of 2 DVDs) \$179.00

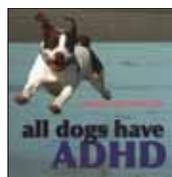
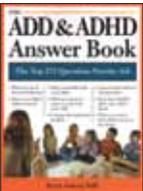


The ADD & ADHD Answer Book

by Susan Ashley, Ph.D.

Written in an easy-to-read Q&A format, this book answers the top 275 questions parents have about ADD and ADHD. 272 pp.

X8801 \$14.95



All Dogs Have ADHD

by Kathy Hoopmann

Takes an affectionate look at ADHD, using images and ideas from the canine world to explore a variety of traits that will be instantly recognizable to those who

are familiar with ADHD. Hardcover. 65 pp.
X9242 \$14.95



Lion Letters literacy games

These simple and fun card decks make it easy to build literacy skills

in children ages 3-5. Each contains 52 colorful cards with directions for games such as Concentration and Go Fish.

X7142 Alphabet Game \$4.95
X7141 Rhyming Game \$4.95
X7143 Set of 2 games \$8.95

What Does a Lion Say? and Other Playful Language Games



For fun in the car, at home, or whenever there's a moment to play, this book is filled with easy literacy games to help parents make the most of everyday moments with their child. 128 pp.

X9146 \$14.95

Lion Literacy Set

Both card games and the book, all in one set.

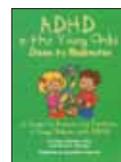
X7144 \$19.95

ADHD in the Young Child

by Cathy Reimers, Ph.D., and Bruce A Brunger

A guide for parents and teachers examining symptoms of ADHD and discussing effective techniques for managing behavior. 202 pp.

X8675 \$20.95



Why Can't Michael Pay Attention?

from Learning Seed

Watch a first-grade boy receive a thorough assessment for ADHD. See techniques his parents and teacher use to help organize Michael's behavior. Learn the limits and benefits of medication for a child with ADHD. Comes with a 20-page study guide. 21 min.

X6463D \$99.00

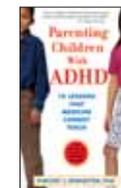


Parenting Children with ADHD: 10 Lessons that Medicine Cannot Teach

by Vincent J. Monastra, Ph.D.

Using non-confrontational ways to teach your child essential life skills like organization, problem-solving, and emotional control. 261 pp.

X8759 \$14.95



See our website for more ADD/ADHD.

NEW!



Crossroads of Parenting & Divorce Online

Take the complete *Crossroads* (p. 18) class online! Access the class anywhere, any time—all you need is a computer and an Internet connection. Price includes the online class (4-6 hours), a Parent's Guide, and a certificate after successful completion of the final quiz.
X3601 \$69.95

Cooperative Parenting and Divorce

from *Active Parenting Publishers*

This video-based discussion program helps divorcing parents learn to shield their children from parental conflict while establishing a positive, long-term relationship as “co-parents.” This comprehensive class can be completed in eight sessions (16-20 hours). See page 19 for details.

X3103 Parent's Guide \$19.95
X3100D Program Kit \$349.00



Families Talk About... Single Parenting

Single parents share their thoughts on issues such as discipline, role models, family support and dating. 23 min.
X6401D \$79.95

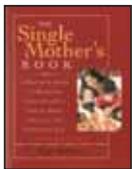


The Single Mother's Book

by *Joan Anderson*

A comprehensive guide to managing your children, career, home, finances, and everything else. 323 pp.

X8267 \$15.95



The Single Parent Family

by *Barbara-Lynn Taylor, M.Ed.*

These videos can be used individually or in groups. Comes with downloadable Facilitator's Guide and take-home booklet. See page 16 for details.

A Challenge for Children

For children ages 6 years and up. 15 min.
X3206D \$49.95

A Challenge for Parents

Coping strategies for parents. 27 min.
X3207D \$49.95



Lemons 2 Lemonade: A Program for Children about Divorce

by *Christina McGhee & Stephen Loughhead*

This home video (53 min.) for children ages 6-12 offers key concepts and positive messages that kids most need to hear when divorce happens in their family. The 71-page workbook (sold separately) can be used with or without the video.

X6830D Video \$24.95
X8858 Book \$9.95



The Complete Single Father

by *Elaine Fantle Shimberg & Michael Shimberg*

Shows how to handle issues single dads face, such as juggling schedules, co-parenting, celebrating holidays and dealing with in-laws, and dating. 280 pp.

X8995 \$14.95

Was It the Chocolate Pudding? A Story for Little Kids About Divorce

by *Sandra Levins*, illus. by *Bryan Langdo*

This book addresses questions young children have about divorce, especially “Was it my fault?” Ages 2-6. 40 pp.

X8740 \$9.95

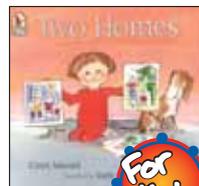


Two Homes

by *Claire Masurel*; illus. by *Kady MacDonald Denton*

This colorful book will help children and parents embrace the difficult changes of divorce with an open and optimistic heart. For ages 3-6. 40 pp.

X9100 \$6.99



Keeping Kids Out of the Middle

by *Benjamin D. Garber, Ph.D.*



Establishing conflict strategies that genuinely meet children's needs while learning how to communicate effectively with parenting partners—no matter the legal status of your relationship, the distance between your homes, or how well you get along. 291 pp.

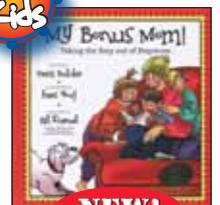
X9134 \$14.95

My Bonus Mom

by *Tami Butcher*; illus. by *Feras Nouf*

When children of divorced or widowed parents first hear of their father's intention to remarry, they are often faced with fears and feelings of uncertainty about their new stepmother. This book addresses those fears in child-friendly rhyme, showing kids the positive possibilities of gaining a “bonus mom.” Hardcover. 45 pp.

X9251 \$16.95



NEW!

Active Parenting for Stepfamilies

from *Active Parenting Publishers*

This video and discussion program will help parents and stepparents learn to raise children in the challenging stepfamily environment. Also teaches skills to strengthen marriage and family. See page 20 for more information.

X1943 Parent's Guide \$14.95
X1940D Program Kit \$399.00



Remarried with Children: 10 Secrets for Successfully Blending and Extending Your Family



by *Barbara LeBey*
 Debunks stepfamily myths and anticipates common traps. 286 pp.

X8703 \$14.00

Putting Children First

by *JoAnne Pedro-Carroll*

Proven parenting strategies for taking children out of the middle and helping them thrive through divorce. 331 pp.

X9135 \$16.00

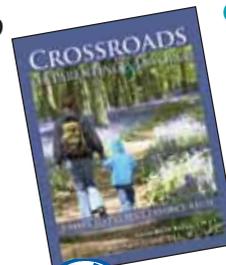


Crossroads of Parenting & Divorce

from *Active Parenting Publishers*

Help parents remember their children's needs and learn to avoid “divorce abuse.”

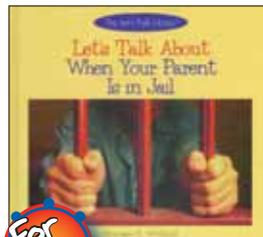
This video-based seminar can be completed in one session lasting 4-6 hours. See page 18 for a complete description of the program.



X3403 Parent's Guide \$9.95
X3400D Program Kit \$299.00

Parents In Jail

Let's Talk About When Your Parent Is in Jail



by Maureen K. Wittbold
An illustrated book for children ages 6-11 that gently describes life in jail,

why people go to there, the changes that happen to families after a jail sentence, keeping in touch, and coping with feelings. Hardcover. 24 pp.

X8351\$15.95

A Sentence of Their Own

by Edgar A. Barends
This powerful video chronicles one family's annual pilgrimage to a state prison and reveals the damaging impact incarceration has on families. Makes visible what is rarely seen: the slow and gradual descent of a family "doing time" on the outside. 64 min.



X6554D\$125.00

For more on this topic, see our website.

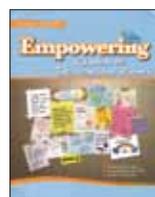
Parenting from a Distance (3rd ed.)

by Jan Walker
A valuable resource for incarcerated parents who wish to remain involved with their children. Covers topics including paying child support, staying in touch, planning visits, celebrating holidays, and preparing for a successful reunification. 144 pp.



X8868\$16.00

Empowering Children of Incarcerated Parents



by Stacey Burgess, Tonja Caselman, & Jennifer Carsey
A book for counselors, social workers, psychologists, and teachers who work with children ages 7-12

with a parent in jail or prison. Can be used one-on-one or in small groups. 104 pp.

X9192\$19.95

Families Change

by Julie Nelson; illus. by Mary Gallagher
A book to help children cope with the termination of parental rights.

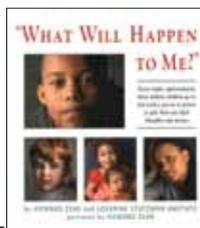


Helps them understand that they can remember and value their birth family and love their new family, too. For ages 4-10. 32 pp.

X8869\$9.95

"What Will Happen to Me?"

by Zehr and Amstutz
Thought-provoking portraits of 30 children whose parents are incarcerated. Includes typical questions children ask, ways to deal with emotions, and suggestions for the caregivers left behind. 96 pp.



X9224\$14.95

What Is Jail, Mommy?

by Jackie A. Stanglin; illus. by Cierra Jade McGuckie



A little girl learns about where her father is and how he got there; then she goes to visit him in prison. Offers children the dignity of truth about a parent's incarceration. 40 pp.

X9113 (English)\$12.00

X9114 (Spanish)\$12.00



My Daddy Is in Jail

by Janet M. Bender
A read-aloud story to help children cope with the incarceration of a loved one. With discussion guide, caregiver suggestions and optional small group counseling activities. For ages 5-10. 53 pp.

X8738\$13.95

Foster Parenting

Let's Talk About Foster Homes

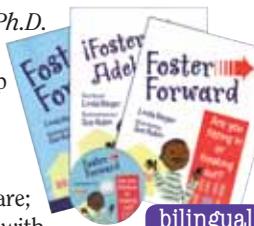
by Elizabeth Weitzman
Answers common questions at an age-appropriate level. Filled with photos of real foster families. For ages 6-10. Hardcover. 24 pp.



X8330\$15.95

Foster Forward: Are You Fitting In or Freaking out?

by Linda Rieger, Ph.D.
Counselor guide and workbook help young children (grades 3-6) deal with their placement into foster care; includes CD-ROM with complete program in English and Spanish.



X9220\$29.95

Murphy's Three Homes: A Story for Children in Foster Care

by Jan Levinson Gilman; illus. by Kathy O'Malley
Murphy copes with many feelings as he moves from home to home. For ages 4-8. 32 pp.



X9121\$9.95

Kids Need to Be Safe: A Book for Children in Foster Care

by Julie Nelson; illus. by Mary Gallagher
Explains why some kids move to foster homes, what foster parents do, and ways kids might feel during foster care. For ages 4-10. 32 pp.



X8870\$9.95

Families Talk About... Foster Parenting

This video provides a great overview of foster parenting, with actual foster parents answering common questions and describing the challenges and rewards of helping children in crisis. Comes with discussion questions. 24 min.



X6411D\$79.95

Zachary's New Home

by Blomquist & Blomquist; illus. by Margo Lemieux
In this story for foster and adopted children, Zachary copes with feelings of loneliness and anger after he enters a new home. For ages 3-8. 30 pp.



X9234\$9.95

NEW!

Letters from Prison
by Monique Holeyfield, M.S.

Reach high-risk youth with discussions and journaling based on real letters from young adults in prison. 118 pp.

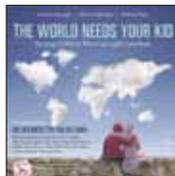


For Kids

X9271 \$20.95

NEW!

The World Needs Your Kid
by Kielburger, Kielburger, and Page



It's up to us to raise children who are more than passive bystanders in life. This book contains memories of teachable moments and simple routines in family life

that opened our eyes to the world around us. Filled with stories from celebrities and non-celebrities, inspiring color photographs, and action items any family can follow. With an introduction by the Dalai Lama. 304 pp.

X9274 \$19.95

Bullying: True Stories
from Family Health Productions

In this video, four young people tell their true stories about bullying: a bully and his female victim; a boy who was shunned by a clique; and a boy who was cyber-bullied. With discussion guide. For grades 5-12. 20 min.

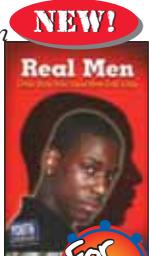


X6932 \$99.99

Real Men: Urban Teens Write about How to Be a Man

from Youth Communication

Anthology of 32 engrossing stories written by male teens about how they have overcome challenges. (229 pp.) Leader's Guide (350 pp.) provides activities to help teens engage the themes of the stories through multiple learning styles. Video (18 min.) tells the inspiring story of a man who went from high school dropout to high school principal.



NEW!

For Kids

X9257 Book \$16.95

X9258 Leader's Guide \$34.95

X6952 Video \$35.95

Sexual Harassment at School

from Learning Seed

Teaches students what actions constitute harassment, along with prevention and coping strategies; helps educators define their role in preventing and responding to harassment. Two videos in one: a student program with lesson plan; and a professional development program for educators. With reproducible parent flyer. 39 min. total



X6934 \$149.00

Staying Safe Online: Digital Footprint

from Learning Zone Xpress

Shows teens the lasting impact of their activities on the Internet, buying something with a credit card, or using a mobile phone. Covers social networking safety and the dangers of sexting. Closed captioned. 21 min.

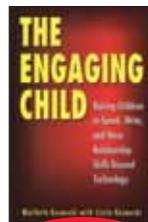


X6913 \$79.95

The Engaging Child

by Maribeth Kuzmeski with Lizzie Kuzmeski

Today's teens are great at Facebook, texting, and other electronic communication. But it's their face-to-face skills that will matter most. This book helps parents foster critical "connecting" tools to develop relationship skills beyond technology. 199 pp.



NEW!

X9250 \$18.95



GLBTQ

by Kelly Huegel (Revised edition)

A survival guide for gay, lesbian, bisexual, transgender, and questioning teens. 227 pp.

For Kids

X9207 \$15.99



Ten Roles Poster

This 17" by 22" poster describes the 10 roles parents can play in preventing problems with drugs, sexuality and violence. It comes with a reproducible master so you can make copies

for parents. Also comes with tips for discussing the roles in a group setting.

X7071 \$4.95

Families Talk About...Grandparents as Parents



In this revealing video, real grandparents talk about the challenges of becoming the primary caretakers of their grandchildren. They discuss issues such as

establishing a support network, adapting their parenting style for a new generation, breaking the cycle, and planning for the future. 28 min.

X6402D \$79.95



Grandparents as Parents: A Survival Guide for Raising a Second Family

by Sylvie de Toledo and Deborah Edler Brown

When grandparents suddenly become the sole caregivers for their grandchildren, they find their lives changed, their finances challenged, and their parenting techniques out of date. This book offers compassion, encouragement, and advice to grandparents and the professionals who work with them. 322 pp.



X8324 \$17.95

To Grandma's House, We...Stay: When You Have to Stop Spoiling Your Grandchildren and Start Raising Them



by Sally Houtman

Offers solutions to problems families face when traditional roles and relationships are redefined. With advice on such issues as surviving the court system, dealing with the malfunctioning parent, and most important of all, nurturing the child. 228 pp.

X8323 \$16.95

Grandparenting

NEW!

The Soulful Parent

by Kerby T. Alvy, Ph.D.

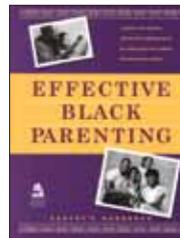
Shares stories of parents who took the *Effective Black Parenting* program and how they implemented what they learned—such as disciplining without spanking—to create happier and healthier relationships with their children. 205 pp. **X9199**\$24.95



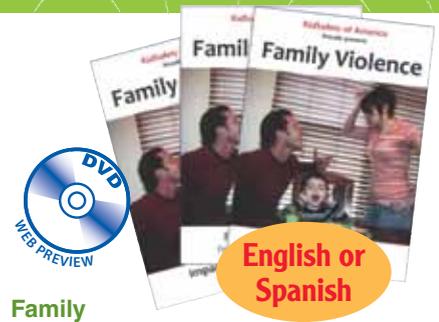
Effective Black Parenting Program Kit

from the Center for the Improvement of Child Caring

Use this program kit to teach parenting strategies that are unique to parents of African American children, such as the Pyramid of Success for Black Children, Pride in Blackness, and Traditional Black Discipline vs. Modern Black Self-Discipline. Designed for a 15-session course; supplemental materials are available to use for a one-day seminar. Program kit contains: Instructor's Manual, Parent's Handbook, PowerPoint Presentation, *The Soulful Parent*, certificates, and promo materials including DVD with parent testimonials (not used in class).



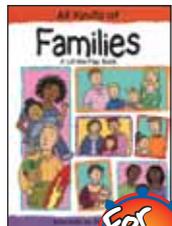
- X6715 Kit**\$413.00
- X6716 Parent's Handbook**\$21.95
- X6717 One-Day Leader's Guide** ..\$33.00
- X6718 One-Day Parent's Guide** ..\$11.00
- X9199 Soulful Parent book**\$24.95



Family Violence: The Impact on Children
from KidSafety of America

Defines family violence, discusses generational issues, and describes the cycle of abuse. Addresses the effects on children as babies and as children. Explores ways to prevent or treat family violence. Available in English or dubbed in Spanish. 18-21 min. ea. **X6926 Overview**\$89.95
X6925 for Parents\$89.95
X6924 for Educators & Caregivers ..\$89.95
X6927 (Set of 3)\$269.00
X6930 Overview (Spanish).....\$89.95
X6928 for Parents (Spanish) ...\$89.95
X6929 for Educators (Spanish) ..\$89.95
X6931 (Set of 3) (Spanish) ...\$269.00

All Kinds of Families—a Lift-the-Flap Book



by Rachel Fuller
A board book that explores the many different ways a family can look, using brightly-colored drawings and irresistible interactive paper mechanics. With space at the end for drawing the child's own special family. 12 pp. **X9262**\$12.99

For Kids

NEW!

Fathering

Fathering: What It Means to Be a Dad
from Learning Zone Xpress

Young fathers and an expert explain the impact and importance of a father in a child's life. Topics covered include staying involved, being consistent, and being a role model. Closed captioned. 20 min. **X6909**\$79.95



The Dad Difference: Raising Children Birth to 5
from Injoy

Motivate dads to be an integral part of their children's lives. Videos feature real dads, candid comments and practical tips. Volume 1 - "Baby Basics"; Volume 2 - "Involved from the Start." Comes with Facilitator's Guide and handouts. Closed captioned. Also available in Spanish. 72 min. total **X6794D** \$249.85



The Black Man's Guide to Parenting: 50 Ways to Be an Effective Father
by C.F. Gipson

An easy-to-read and uplifting instructional guide that provides practical steps toward becoming a successful black father. 50 pp. **X8866** \$19.95



Families Talk About...Encouraging Positive Activities

Parents—including several dads—talk about the importance of healthy activities and daily chores. They discuss how these activities teach skills, build confidence and steer children away from negative influences. 18 min. **X6403D**\$79.95



Families Talk About ... Fathers Matter

Urban dads—married, single, and divorced—reflect on what it means to be a father; their influence on the next generation; and new roles, challenges, and opportunities for fathers in a changing society. Available with open captions. 19 min. **X6404D**\$79.95



For teen fathering, see page 43.

30 Things Future Dads Should Know about Pregnancy

by Hogan Hilling
Offers priceless insight into your pregnant partner's thoughts and behavior. 230 pp. **X9210** \$9.99



Young Men as Fathers
from KidSafety of America

In this video, teen fathers and young men describe the important role men play in a child's upbringing, and share their real-life experiences. Also useful for teen mothers. 20 min. **X6563D**..... \$69.95



The Latino's Guide to Parenting: 50 Ways to Be an Effective Father

by S. Moreno, M.Ed., and C.F. Gipson
An easy-to-read and uplifting instructional guide that provides practical steps toward becoming a successful Latino father. 111 pp. **X8993 (English)** \$19.95
X8993SP (Spanish).....\$19.95



NEW!

Christian Focus

Scared to Soar

by Sue Allen; illus. by Lannie Lambert

A charming book about finding courage to face life's challenges, for children, teens, and adults—anyone about to make a transition.

Explore the book on our website 51 pp.

X9186 **\$9.95**



Real Girls program

by Kiana Clayborn, LMSW; and Jessica Traylor, Ed.S.

Outlines a lively 8-session program in which girls explore media messages, self concept, communication skills, and building positive relationships. 138 pp. Guide for participants provides worksheets and journaling. 78 pp.

X9201 Leader's Guide **\$14.95**

X9200 Participant's Guide **\$9.95**



Breadcrumbs of Blessing



by Sue Allen

Devotional thoughts supported by Scripture verses, a personal prayer, and a centering question designed to ground us in the awareness of God's moment-to-moment presence. 185 pp.

X9198 **\$15.00**

See our website for more Christian.

Active Parenting Now Biblical & Theological Guide

by Freda A. Gardner; revised by Bruce &



Carolyn Winfrey Gillette

Add Scriptural references and Christian-based discussion points to your *Active Parenting Now* program (p. 10). Written by a professor of Christian

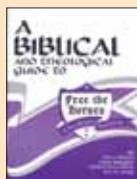
Education and revised by Presbyterian ministers, the guide also provides helpful reproducible handouts to use in class. 48 pp.

X1919 **\$12.95**

Free the Horses Biblical Guide

This leader's guide is designed to be used with the *Free the Horses* program for children (p. 37). Ideal for Sunday School classes, religious retreats, after-school programs, youth events and more. 88 pp.

X5011 **\$7.95**



Too Old for This, Too Young for That!

by Harriet Mostache and Karen Unger



Middle school can be tough! This book provides tips for getting comfortable at school, making friends, dealing with body changes, getting along with family, and more. 178 pp.

X9267 **\$15.99**



How to Feel Good: 20 Things Teens Can Do

by Tricia Mangan

Presents 20 simple, mind-healthy skills to guide teens toward self-awareness and self-confidence. For ages 13-18. 125 pp.

X9261 **\$12.95**



NEW!

Real Parents Real Answers

Help parents open the doors of communication with their children—while encouraging them not to smoke. This one-hour video

features parents talking with Active Parenting's Dr. Michael Popkin about how to keep their kids from trying their first cigarette. 61 min.

X6866D 1-9 **\$29.95 ea.**

10+ **\$24.95 ea.**

(call for more quantity discounts)



Raising Kids with Care mini-poster



bilingual

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".

X7120 1-9 .. **\$1.00 ea.**

10+ ... **\$.75 ea.**



Art After School

by Jane Brite & Marlene Jaglinski

After-school art programs offer a new dimension to prevention for at-risk youth.

Art After School offers solid strategies for incorporating art into your after-school program, raising funds, building partnerships, and keeping the program fresh and dynamic. 170 pp.

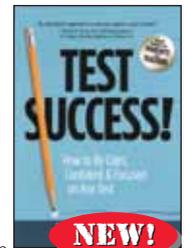
X8652 **\$29.95**

Test Success!

by Ben Bernstein, Ph.D.

A book for older teens and adults, revealing everything you need to know about raising your test scores by lowering test stress, written by a professional performance coach. With a section of suggestions for parents, too. 199 pp.

X9268 **\$19.95**



NEW!

Create a Great Plate: My Plate Dietary Guidelines

from Learning Zone Xpress

Forget the pyramid! This video shows teens what healthy eating looks like, including varied veggies, lean protein, and fruit focus. With teacher's guide. Closed captioned. 20 min.

X6953 **\$79.95**

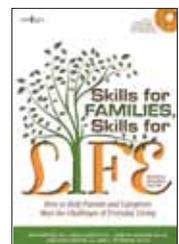


Skills for Families, Skills for Life

by Simpson, Kohrt, Shadoin, et al.

Helps in-home family practitioners incorporate life skills into the treatment of high-risk families. Includes 132 skills such as housing, relationships, child supervision, preventing abuse, money management, etc. With reproducible checklists on CD-ROM. 162 pp.

X9217 **\$19.95**



Family Fun Night!

by Cynthia L. Copeland

Learn how to establish a Family Fun Night tradition, with activities and tips for enticing all ages—even teens. 271 pp.

X9128 **\$14.95**



Loss

Windows: Healing and Helping through Loss

from Active Parenting
Help teens and adults learn to deal with losses ranging from death and divorce to losing a job. Part I (31 min.) explores stages of grief and how to deal with loss. Part II (39 min.) teaches how to talk with others who are grieving. **X1820D (Set of 2) \$99.00**



25 Things to Do When Grandpa Passes Away, Mom and Dad Get Divorced, or the Dog Dies

by Laurie A. Kanyer, M.A.
Offers directions for all kinds of activities that help bereaved children depending on their age, loss, and stage in the grieving process. Also discusses how learning about grief prepares children for new relationships and to accept losses later in life. 127 pp. **X8833 \$13.95**



35 Ways to Help a Grieving Child

from The Dougy Center for Grieving Children
Learn what behaviors and reactions to expect from children at different ages, ways to create safe outlets for children to express their thoughts and feelings and how to be supportive during special events such as the memorial service, anniversaries and holidays. 51 pp. **X8689 \$9.95**



A Terrible Thing Happened

by Margaret M. Holmes, illus. by Cary Pillo
For children (ages 4-8) who have witnessed a violent or traumatic episode. 32 pp. **X8591 \$9.95**



The Fall of Freddie the Leaf: A Story of Life for All Ages

by Leo Buscaglia
A warm, thought-provoking story about how Freddie and his companion leaves change with the passing seasons and the coming of winter. Illustrates the delicate balance between life and death. Hardcover. 32 pp. **X9195 \$14.95**



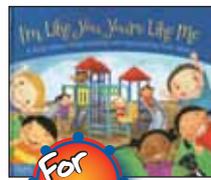
Easy to Love, but Hard to Raise

ed. By Kay Marnier and Adrienne Ehlert Ashista
Parents of children with different kinds of disabilities—ADHD, OCD, eating disorders and more—share the challenges of self-doubt, nosy neighbors, unsolicited advice, and exhaustion that come along with the joys of parenting these remarkable children. 330 pp. **X9270 \$18.95**



I'm Like You, You're Like Me

by Cindy Gainer; illus. by Miki Sakamoto
A book about understanding and appreciating each other's differences. For ages 3-8. Hardcover. 48 pp. **X9277 \$14.99**



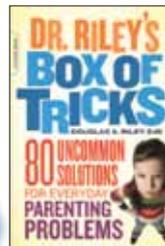
Boys Adrift

by Leonard Sax, M.D., Ph.D.
Explores five factors driving the phenomenon of unmotivated boys and under-achieving young men. Offers strategies which educators have found effective in re-engaging these boys. 288 pp. **X9275 \$15.95**



Girls on the Edge

by Leonard Sax, M.D., Ph.D.
Shares stories of girls who look confident and strong on the outside, but are fragile within. Explores four major challenges facing girls today, including sexual identity and self-imposed stress; offers tools to help girls become confident women. 272 pp. **X9276 \$15.99**



Dr. Riley's Box of Tricks
by Douglas A Riley, Ed.D.
Every parent sends a child to his room as a punishment at one time or another. But have you ever considered grounding your children from their rooms? Dr. Riley has! This book offers 80 uncommon—and amusing—solutions for everyday parenting problems. 223 pp. **X9223 \$15.00**

The Military Father: a Hands-on Guide for Deployed Dads

by Armin A. Brott
A humorous guide to helping fathers and their families face the challenges of deployment and stay connected with their loved ones back home. 327 pp. **X9260 \$12.95**



When Boundaries Are Crossed: Child Abuse Prevention

from Learning Seed
These videos help viewers understand when behavior crosses the line to abuse, and the real reasons that abuse typically occurs in the first place. Viewers also learn the short- and long-term effects of abuse, and how it can be prevented. Learn coping strategies and the support tools available to help identify, stop and prevent abusive behavior. 26-30 min. ea. **X6948 Child Neglect \$109.00**
X6949 Physical Child Abuse . . \$109.00
X6950 Emotional Child Abuse. \$109.00
X6951 (Set of 3) Save 14% . \$279.00



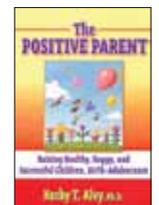
Real Life Teens: Dangers of Social Media

This video for teens acknowledges the advantages of social networking sites, while encouraging viewers to take steps to prevent harm—now and in the future. With Teacher's Guide. 18 min. **X6937 \$64.95**



The Positive Parent: Raising Healthy, Happy, and Successful Children from Birth to Adolescence

by Kerby T. Alvy, Ph.D.
Shows parents how to help their children reach their full potential through the power of positive parenting. 272 pp. **X8865 \$22.95**



The Thank You Book: Hundreds of Clever, Meaningful and Purposeful Ways to Say "Thank You"

by Robyn Freedman Spizman
From giving thanks to business associates to neighbors to friends, this book will show you what to say and how to say it. Hardcover. 113 pp. **X8526 \$12.95**



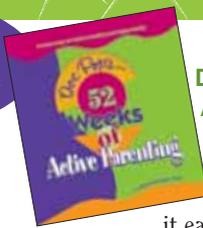
Affordable gifts for class participants



Active Parenting Twisty Disks

Here's a great gift for parents that will help them remember a key point: "Every day, a little play." Use this sturdy nylon flier for a game of frisbee, and then twist into its own little pouch for safekeeping. Disk 10¼" diameter.

X7077 \$2.50 ea.
10 or more \$2.00 ea.



Doc Pop's 52 Weeks of Active Parenting

by Michael "Doc Pop" Popkin
This cheery book from our own Dr. Popkin makes

it easy and fun to put Active Parenting ideas to work in your family's daily life. Each week readers are given a key Active Parenting concept and a suggestion on how to try that concept during the upcoming week. Hardcover. 112 pp.

X8653 \$12.95
(Ask about quantity discounts.)

Active Parenting Key Points Magnet



This magnet will help parents remember all they learned in your *Active Parenting Now* class for years to come. Comes in a package of 5 5" x 3" magnets.

X7082 Pkg/5 \$7.50



NEW!

Tervis™ Tumbler

A "smart cup" for smart parents! (and leaders) This 16-oz. insulated tumbler keeps hot drinks hot and cold drinks cold. Dishwasher, microwave and freezer-safe clear plastic. Featuring an elegant, embroidered Active Parenting logo and a travel lid with slider. These coveted cups make a great door prize or thank-you gift.

X7028 \$16.95

English/Spanish Ceramic Mug

Our bright 11-oz. mug features an inspirational caption in English and Spanish: *The future of families is in your hands! ¡El futuro de las familias está en tus manos!*



X7043 \$8.95

BOOKMARKS

These big, sturdy bookmarks are an inexpensive, inspirational gift idea.



"Parenting Tips for the Job of a Lifetime" Bookmark—In English or Spanish

Presents 15 tips on caring for children. Available in English or Spanish!

Size: 3" x 8", package of 5
X7067 English \$6.00
X7085 Spanish \$6.00

Bookmark A, "Children Need..."

Presents the ABCs of caring for children.

Size: 1½" x 6", package of 5
X7064 \$7.95

Bookmark B, "Children Are..."

Illustrates the ABCs of what makes kids so much fun. Size: 1½" x 6", package of 5

X7061 \$7.95

Bookmark C, "50 Ways to Say 'I Love You'"

Will remind parents of the power of loving words. Size: 3" x 8", package of 5

X7066 \$6.00



Sturdy Tote Bag

This roomy, zippered tote bag features the Parenting Definition and is large enough to hold your program kit and more. The size is 15" x 4½" x 12"

X7027 \$14.95

POSTERS

99 Ways to Say I Love You! poster

This 8½" x 11" poster reminds parents of the power of loving words.

X7068 \$1.50 ea.
10 or more . . \$1.00 ea.



Active Parenting Classroom Posters



Set the tone by decorating with positive images of happy families. Six full-color, 11" x 17" posters, each with a key Active Parenting point. Rolled, not folded.

X7095 (Set of 6) \$14.95

The Parenting Definition:

par·ent·ing (pâr'en-tīng), n.
1. The most difficult and most important job you will ever have.
2. And, potentially, the most rewarding.



Inspirational Mugs

Parents will be inspired long after they leave your class with these unbreakable Parenting Definition mugs. Made from 100% corn, grown and manufactured in the US. The yellow mug holds 10½ ounces; the blue commuter mug has a slip-proof lid and holds 17 ounces.

X7115 yellow mug \$7.95
X7116 blue commuter mug . \$8.95

Expand your reach with leader training and become a great parenting educator

In one day of Active Parenting Leader Training, you'll learn to lead effective parenting groups using our evidence-based programs. We've trained more than 30,000 people in the past 30 years—leaders just like you. Each workshop is led by an experienced, certified Active Parenting trainer who will show you how to use our programs to make your classes entertaining and filled with practical parenting skills that parents can start using immediately.

3 ways to train:

- 1 **Online Leader Training** - any time, any place! (see page 58)
- 2 **Training of Trainers** - learn how to train parenting class leaders (see page 58)
- 3 **Leader Training Workshop** - learn how to lead successful parenting classes (see page 59)

These workshops will show you how to:

- Implement a program in a variety of settings
- Stimulate positive changes in yourself and in course participants
- Enhance your communication skills for top-notch effectiveness
- Provide encouragement to parents
- Improve group discussions



Who should attend:

- Family life and parent educators
- School counselors
- Social workers, therapists and counselors in private practice
- Religious leaders
- Social services personnel
- Anyone interested in helping parents and families

Here's what you get!

- 20% off program kit
- instruction and support from a certified Active Parenting trainer
- certification packet
- contact hours or CEUs
- certificate of attendance

Satisfaction guaranteed

If you are not satisfied with your training, let us know within the time limit and we'll refund your registration fee.



Your Training Coordinator

Training Coordinator Micole Mason is ready to help with your training questions. Just give her a call at 800-825-0060, x120.



- **Register 3, get 4th free** *Save!*
- Train everyone in your organization at once to increase your effectiveness and save money at the same time. Register three people for one workshop, and send a fourth person for free.

Get "certified"

Once you've attended the training, you have completed the first step toward becoming an Active Parenting certified leader. Call for details.



We Make House Calls!

Do you have special training needs? Active Parenting can help! Ask us to design and implement a workshop specifically for your organization—when and where you want. If you have at least 12 people who need to be trained in Active Parenting programs, a Special LTW may well be more cost-effective and convenient. Contact our Training Coordinator at 800-825-0060 ext. 120 for information on setting up a Special Leader Training Workshop or Special Training of Trainers.

1 Online LEADER TRAINING WORKSHOPS

Attend a Leader Training Workshop any time, anywhere—online!

Study at your own pace with the Online Leader Training Workshop (OLTW). It's a comprehensive, 25-30 hour class complete with video, activities, and discussion. The online class is self-study and you'll have 24/7 access. Communicate with your trainer and other leaders via the online forum. CEUs and certification available, too!

What will I learn?

Part 1: How to Lead a Great Parenting Group (3 hours) gives you key skills for leading a successful group, picking a good curriculum, and being a good class problem-solver.

In **Part 2** (22-27 hours including reading), you will explore the *Active Parenting Now* program in depth, learning how to present the concepts, how to guide parent discussions, and how to run the activities. Comes with your own copy of the Leader's Guide and the Parent's Guide to make notes.

How much will it cost?

Part 1 is \$49.95 and Part 2 is \$159.95. Get both for \$169.90. **Register 3, get 4th free!**

What will I get?

- access to the entire class—you can even go back and review as needed
- *Active Parenting Now* Parent's Guide (\$14.95 value)
- *Active Parenting Now* Leader's Guide (\$29.95 value)
- .3-3.0 CEUs upon completion of the class
- certification packet
- 20% off program kit cost (Part 2 only)
- Membership in the online Leaders' Forum



When does my class start?

Classes start at the beginning of each month. We'll send your books and an enrollment key when you order.

Satisfaction guaranteed!

If you are not satisfied for any reason, let us know within 30 days of your class start date and before printing your Certificate of Completion for a full refund of your registration fee. Books must be returned in clean condition.

For more information...

Go to our website for complete details (ActiveParenting.com/OLTW), or call Training Coordinator Micole Mason at 1-800-825-0060 x120.

2 TRAINING TRAINERS WORKSHOPS

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



Save \$100 Now!

How much?

The cost of the TOT is **\$549** (save **\$100** if you register 60 days in advance). **Register 3, get 4th free!** Price includes 3 days of training, all workshop materials, CEUs, instructions for certification, daily snacks and the group lunch. A Leader Training Workshop, held on the day prior to each TOT, is an additional \$159 (\$139 early bird).

For more information . . .

Go to our website for complete details (ActiveParenting.com/TOT), or call Training Coordinator Micole Mason at 1-800-825-0060 x120.

Learn to train parenting education leaders at the Training of Trainers. The 3-day workshop is led by Active Parenting author Michael Popkin along with other experienced Active Parenting trainers. For complete details, please contact our Training Coordinator.

Where and when?

Atlanta, GA July 11-13, 2013
Las Vegas, NV April 4-6, 2013

What?

Become a certified trainer in one of the following programs:

- I. Active Parenting (p. 10, 12, 23)
- II. Cooperative Parenting and Divorce (p. 19) (Atlanta only)
- III. Families in Action (p.14) (Atlanta only)

Please note: Active Parenting Publishers reserves the right to cancel workshops due to inclement weather or unforeseen circumstances. Active Parenting Publishers cannot be held responsible for non-refundable travel reservations.

LTW Cancellation Policy: If you cancel at least 15 business days prior to the LTW, all but \$25 will be refunded. Otherwise, a credit will be issued for future Active Parenting training or materials (less a \$25 cancellation fee). Dates and locations are subject to change.

TOT Cancellation Policy: If you cancel at least 15 days prior to the TOT, all but \$100 will be refunded. Otherwise, a credit will be issued for future Active Parenting training or materials (less a \$100 cancellation fee). Dates and locations are subject to change.

3 LEADER TRAINING WORKSHOPS

LEADER: one who guides a group of parents through an Active Parenting program.



"Leader training empowered me to effectively communicate the benefits of parenting education to moms and dads in our diocese."

- Catherine Mensi

Director of Youth and Young Adult Ministries
Catholic Diocese of Memphis (TN)

- free Parent's Guide and Training Guide
 - *7 contact hours or .7 CEUs
 - certificate of attendance
 - certification instructions
- *one-day workshop*

Get "certified"

Once you've attended the training, you have completed the first step toward becoming an Active Parenting certified leader. Call for details.

Satisfaction guaranteed

If you are not satisfied for any reason, let us know within 30 days of your training date and we'll refund your registration fee.

Leader Training Workshops Pricing Information

1-Day Workshops —

- Regular Price: \$159
- Early Bird: (3 WEEKS BEFORE WORKSHOP) . . . \$139
- Walk-in: \$179

Special Offer: register 3, get 4th free!

☛ Add a program kit for 20% off kit price (kit for LTW only, when ordered with registration)

Five-Hour Workshops —

- Regular Price: \$129
- Early Bird: (3 WEEKS BEFORE WORKSHOP) . . . \$109
- Walk-in: \$149

Special Offer: register 3, get 4th free!

☛ Add a program kit for 20% off kit price (kit for LTW only, when ordered with registration)

1½-Day Workshops —

- Regular Price: \$219
- Early Bird: (3 WEEKS BEFORE WORKSHOP) . . . \$199
- Walk In: \$239

Special Offer: register 3, get 4th free!

☛ Add a program kit for 20% off kit price (kit for LTW only, when ordered with registration)

• Call for a registration form if needed •

Become a better leader

Here's what you'll get when you register for a Leader Training Workshop (LTW):

- 20% off program kit
- *seven hours instruction from a certified Active Parenting trainer

LTW Dates & Locations

• Dates and locations are added often! See our website (www.activeparenting.com) or give us a call.

Active Parenting Now (p. 10, 23) and **Active Parenting of Teens** (p. 12) Combined One-Day Workshop

ARIZONA

This is a special training. Call Nancy Spence at 480-357-0996 for details.

- Mesa January 24-25, 2013
- Mesa April 25-26, 2013

CALIFORNIA

- Sacramento April 19, 2013
- Sacramento July 19, 2013

COLORADO

- Denver March 29, 2013

DELAWARE

- Wilmington April 13, 2013

FLORIDA

- Orlando April 13, 2013

GEORGIA

- Decatur July 10, 2013
- Jonesboro April 5, 2013
- Marietta May 17, 2013

ILLINOIS

- Chicago May 2, 2013

MASSACHUSETTS

- Plymouth March 21, 2013

MARYLAND

- Baltimore TBD

MICHIGAN

- Detroit TBD

MISSISSIPPI

- Jackson TBD

MONTANA

- Glendive April 18, 2013



NEVADA

- Las Vegas April 3, 2013

NEW HAMPSHIRE

- Derry April 8, 2013

NEW JERSEY

- East Orange April 12, 2013

NEW YORK

- Port Jefferson April 12, 2013

NORTH CAROLINA

- Charlotte TBD
- Greensboro May 31, 2013

OHIO

- Cleveland TBD

OREGON

- Portland TBD

TENNESSEE

- Nashville March 28, 2013

TEXAS

- Dallas TBD

SAVE \$100 on the TOT (see p. 58).

1,2,3,4 Parents! (p. 8) 5-hour Workshop

- Cleveland, OH TBD
- Nashville, TN March 29, 2013

Cooperative Parenting and Divorce (p. 19) One-Day Workshop

- Chicago, IL May 3, 2013
- Marietta, GA April 26, 2013
- Sacramento, CA May 31, 2013

Cooperative Parenting and Divorce (p. 19) and Active Parenting for Stepfamilies in 3 (p. 22) 1½-Day Workshop

- East Orange, NJ June 27-28, 2013
- Nashville, TN May 16-17, 2013

See our
special offer
on page 2.

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Customer #

Order form on page 30

Here's an easy way to reach and teach parents at home

With the **Active Parenting Online Video Library**, you can easily provide high-quality parenting videos to families where they need it most—at home. It won't cost an arm and a leg, and talk about complete: there are 72 videos available in English and Spanish. 29 hours in all!

There are many ways you can use your Online Video Library subscription. Here are just a few:

- share it with the families you serve
- assign to clients or students as "homework"
- view and discuss during in-home visits
- add an interesting link to your e-newsletter
- supplement your parenting classes



For
parents!

For
leaders!

Online LEADER TRAINING WORKSHOPS

Get leader training,
earn CEUs . . . online



Part 1 - How to Lead a Great Parenting Group: Learn key skills needed for leading a successful group, picking a good curriculum, and being a good class problem-solver.

Part 2 - Active Parenting Now: Gain a deeper understanding of the principles behind the program and learn how to present the concepts, how to guide parent discussions, and how to run the activities that make the class so memorable.

All from the convenience of your home or office!

Bonus:

The OLTW is your first step toward becoming a **certified** Active Parenting leader!



for more information: See page 6
or go to www.ActiveParenting.com/OVL.

for more information: See page 58
or go to www.ActiveParenting.com/OLTW.