

PARENTING: Birth through the Teen Years



A free 12 session Parenting & Child Development Series



This parenting class offers insight into what to expect as your child grows and changes, as well as practical discipline strategies that fit each stage of development.

Series will include

- How children grow & change
- Discipline strategies that teach
- Finding a parenting style that fits with your values
- Setting limits and nurturing
- Practical problem solving

When: Mondays – Jan. 25, Feb. 1, 8, 15, March 1, 8, 15, 22, 29, April 5, 12, 19

Content Schedule:

Session 1 Birth - Age 5 1/25-2/15	Session 2 Ages 6 – 12 3/1– 3/22	Session 3 Ages 13 – 18 3/29/-4/19
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Note: You may attend any or all of the above sessions. Please register in advance (see below).

Snow dates may affect the above schedule.

Time: 6:00 – 8:00 p.m.

Cost: Free of charge

Where: Laconia High School, 345 Union Avenue, Laconia NH 03246

Register: In person any school day at Laconia High or call Laconia Adult Education at 524-5712 for more information

Presenters: Sue Cagle, Extension Educator, Family and Consumer Resources, UNH Cooperative Extension, Belknap County, Tammy Emery, Family Support Specialist, Step Ahead Program, Lakes Region Community Services, and with guest presenters on specialized topics, at many sessions.

Co-sponsored by

Lakes Region United Way



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UpStream supports the mission of Lakes Region United Way by working to promote family stabilization, successful children, and community engagement.

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Check these websites: www.extension.unh.edu and www.upstream.org