

# PARENTS EMPOWERING KIDS

## The Early Years

### POSITIVE PARENTING SKILLS



Strengthen skills that you already use and learn new ones to become a more confident parent. Build a stronger, more positive relationship with your child. Set your child up for success with school, relationships and more!

### MANAGE DIFFICULT BEHAVIOURS

Program skills will help you manage and/or prevent temper outbursts, not listening, verbal and physical aggression and difficulties paying attention that are common among 3-6 year olds.



### CONVENIENT & FREE



No need to travel, take time off work or school, or miss out on fun activities. We offer phone appointments in the morning, afternoon and evening. The Program is completed from the comfort of your own home for free!

### CUSTOMIZED FOR YOUR FAMILY

Based on your family's needs, you will complete the Program on your own or receive support from a group or one-to-one with a Strongest Families coach. Everyone receives tips & reminders to stay on track. Sign-up today!



### GET STARTED TODAY!

Simply create an account and answer a short questionnaire.

<https://login.strongestfamilies.com/signup/pek/>

No Internet access?

Call us so we can help: 1-866-470-7111.