



FREE LIFE-CHANGING ONLINE PARENTING COURSES

In these video-based, interactive classes—available 24/7—you'll learn a consistent, encouraging style of parenting that will benefit you and your children for a lifetime. With this self-study course, you have the option of when to participate based on your own schedule and at your convenience. Gain additional insight from your online group leaders as they provide support and feedback.

Choose from four available courses:

- **Active Parenting: First Five Years:** For parents of children from birth to age 5
- **Active Parenting 4th ED:** For parents of children ages 5 to 12
- **Active Parenting of Teens:** For parents of preteens and teens
- **Crossroads of Parenting & Divorce:** For divorced and divorcing parents

Continue your experience as an "active" parent by reviewing what you learn in the class in your accompanying parent guide. Each guide contains additional information, activities, and worksheets to help you practice what you learn.

Visit [ACFCcares.com](https://www.acfccares.com) for more information and to start your Active Parenting journey today.

Every Day A Little Play

In the hustle and bustle of daily life, it's easy for quality time with our children to take a backseat. Yet, one of the most powerful tenets of Active Parenting is "Every Day a Little Play!" This simple phrase encapsulates a profound truth: consistent, age-appropriate play and interaction with our children are fundamental to their development and our relationship with them. "Every Day a Little Play" isn't just about fun and games; it's a cornerstone for fostering essential qualities like respect, responsibility, cooperation, courage, self-esteem and faith. When children learn to share toys and take turns, they practice cooperation and respect for others' boundaries. Overcoming challenges in a game, even a simple one, builds their courage and problem-solving skills. Knowing that you, their parent, are dedicating special time just for them boosts their self-esteem and reinforces their sense of worth. And through consistent, loving interaction, children develop faith in your reliability and the security of your bond.

Beyond connection, play is vital for comprehensive development:

- **Brain Development and Cognitive Skills:** Play encourages children's brain development by allowing them to use their senses, promoting exploration and curiosity. Children learn to think creatively through imagination and pretending, develop critical thinking skills by problem-solving, understand cause and effect and build memory skills. You'll see them practicing math and problem-solving, even in a pretend grocery store!
- **Physical Development:** When children use their muscles and coordination during play, they strengthen their physical development. Activities like running, jumping, skipping, climbing and throwing and catching balls strengthen large muscles, balance and coordination. Fine motor skills are developed through activities like grasping toys, using modeling clay, doing puzzles, cutting paper and drawing. Play is healthy and helps children grow strong, counteracting issues like obesity. The development of foundational motor skills in childhood is essential for promoting an active lifestyle.
- **Social and Emotional Skills:** Many social and emotional skills are fostered through children's play. They learn how to make friends, compromise, follow rules, handle their emotions when frustrated or upset, and build confidence, self-esteem and resilience. Guided competition in rough-and-tumble play teaches children to win and lose graciously, take risks in a safe environment, and develop communication, negotiation, and emotional balance, fostering empathy.
- **Language Development:** Language development is highly encouraged during play as children talk about what they are doing, share thoughts and ideas and build vocabulary by listening to others.
- **Sensory Integration and Academic Success:** Outdoor play, in particular, improves sensory integration skills. These activities engage children as active participants across motor, cognitive, social and linguistic domains. It's not surprising that countries with more recess often see greater academic success.

To learn more about effective parenting skills, visit the Active Parenting Online Video Library. These helpful videos are offered free of charge by the ACFC in partnership with Active Parenting. Guidance and help are available for parents of children of all ages. To access the Online Video Library, go to the [ACFC website](https://www.acfc.org), click on the Active Parenting tab, and follow the instructions on how to view the videos.