



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.

Family Preparedness

Whether it's a natural disaster, a power outage, or even a family emergency, children look to the adults in their lives for reassurance and direction. At Active Parenting, we believe preparedness is about more than checklists—it's about building **resilient families and strong communities**.

Why Preparedness Matters for Families

When emergencies strike, children are most vulnerable to fear and uncertainty. Having a plan in place:

- Reduces anxiety for kids and adults alike
- Helps children feel secure knowing their family knows what to do
- Strengthens a child's sense of safety and trust in their parents

Preparedness isn't just practical—it's a form of emotional support.

5 Parenting Tips for Family Preparedness

1. Hold a Family Meeting: Sit down together and talk about different types of emergencies. Keep the conversation calm and age-appropriate. Involving children helps them feel included and empowered.

2. Create a Communication Plan: Decide together how you'll reach one another if separated. Post important numbers (neighbors, relatives, emergency services) in a visible spot and make sure older children have them memorized or saved. This can be a fun activity where kids learn important skills like memorizing contact numbers and identifying a designated family meeting place. Discuss using “I messages” to express feelings of fear or anxiety during a crisis.

3. Pack a Comfort Kit for Kids: In addition to basic supplies, add a few comfort items: a stuffed animal, coloring book, or family photo. These small things can help children feel safe during stressful times. A “when-then” statement for a preparedness kit could be: “When the power goes out, then we can get the flashlight from our emergency kit.” This makes the process less scary and more empowering for children.

4. Practice Together: Just like fire drills at school, practice your home emergency plan. Practice emergency drills, not as a scary exercise, but as a “family team-building activity.” This builds confidence and makes children feel more in control. Rehearsing calmly and consistently turns uncertainty into familiarity.

5. Emphasize Cooperation & Resilience: Remind children that teamwork helps everyone stay safe. Reinforce problem-solving and cooperation skills—life lessons that last beyond emergencies.

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**, click on the Active Parenting tab, and follow the instructions on how to view the videos.