

# Looking for ways to add to your parenting toolbox?

*When you use positive parenting skills and strategies, everyone benefits.*

## ACT RAISING SAFE KIDS

If you care for a child between the ages of birth to eight years, join us for the ACT Raising Safe Kids series.

### *You'll learn to help your child:*

- Develop a sense of confidence
- Learn problem solving skills
- Manage screen time
- Deal with difficult emotions
- Understand that actions have consequences
- Resolve conflicts

2-hour sessions are held once per week for nine weeks.

Approved for foster care training credit.

The posting of this flyer in no way suggests endorsement of the program by the Cedar Rapids Community School District.

**IOWA STATE UNIVERSITY**  
Extension and Outreach



The fees for service will be used to offset direct expenses and to support the Human Sciences County Extension Program. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/ext](http://www.extension.iastate.edu/diversity/ext). HS 139 April 2021