

# 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.

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**IOWA STATE UNIVERSITY**  
Extension and Outreach



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