



## ACTIVE PARENTING PROGRAMMING

Active Parenting is a 6-week FREE course that gives parents the skills to achieve a fuller, more satisfying family life and help children achieve greater happiness and success. Parents learn strategies for school success along with positive discipline and communication.

## CLASS SCHEDULE

*Six-week class sessions begin on:*

Tuesday, September 24

Tuesday, November 12

Tuesday, January 7

Tuesday, February 25

Tuesday, April 15

**LOCATION:** Summit Lake Community Center, 380 W. Crosier St. Akron, OH

**Questions? Contact Red Oak's Parent Program Coordinator to learn more at [klaw@redoakbh.org](mailto:klaw@redoakbh.org) or 330-685-8413**

## SOCIAL MEDIA TIPS FOR PARENTS

*by Kelli Law*

Social Media is probably more a part of your children's lives than it was of yours. Be sure to help them navigate this world and be clear about your expectations. Here are some tips to try:

- Talk to your children and set boundaries for using the internet.
- Use software (or other technology) to block inappropriate sites.
- Set complex passwords and change them frequently.
- Have a policy of periodically checking your children's browser history.
- Stay informed to know what your kids may be doing online and its risks.