

# Raising Kids Isn't Always Easy – Especially During a Pandemic.



## Free Online Parenting Support

These are challenging times for all of us. With schools closed and daily life interrupted, parenting can be more stressful than ever. The Positive Parenting Program helps parents in San Diego County find positive solutions to common childhood behavior issues and create a happier, calmer family life at home.

*The Positive Parenting Program is for any parent looking for more effective ways to:*

- Raise happy, confident kids
- Manage misbehavior so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Create positive learning environments
- Encourage behavior you like
- Take care of yourself as a parent
- Feel confident you're doing the right thing

**Call (858) 637-3375**

**To request Your Free Code For Online Access**

For more information, visit [www.jfssd.org/positiveparenting](http://www.jfssd.org/positiveparenting)

## Positive Parenting Program

