

# Let's Talk Parenting: A Resource for Families



**A**re you looking for an amazing way to embrace and nurture the families you serve *and* accomplish the Step Up To Quality three- to five-star quality Family Engagement requirement?

If so, the 4C for Children Let's Talk Parenting Sessions may be just the answer! Our staff of early childhood specialists will bring the sessions to your program.



Each of the following one-hour sessions is an opportunity for the adults who fill parenting roles in the lives of children to tap into practical tools and strategies to enhance their parenting skills, build better relationships with their children, and create a better life balance.

- Understanding Stress and How It Impacts Parenting
- Verbal and Nonverbal Communications
- The Power of Daily Conversation
- Positive Discipline
- Conscious Parenting
- Navigating Special Education in School Systems
- Partnering With Your Child's School

## New Sessions Coming

Our catalog is expanding this spring to include the following sessions:

- Importance of Routines
- How to Break Power Struggles
- Teaching In the Moment
- The Importance of Play

### About the Let's Talk Parenting Sessions

**Delivery:** One-hour sessions designed for presentation in person or via Zoom.

**Class Size:** 20 participants or less

**Regions Served:** [Southwest Ohio and the Miami Valley](#)

**Cost:** \$350 per session

### Schedule a Session Today

**Contact:** Surbhi Narula  
snarula@4cforchildren.org  
513-758-1484

### About 4C for Children

Our staff of early childhood experts educate and support everyone who cares for children to make sure all children reach their full potential. Among the supports we provide are helping families find child care and providing parenting resources .

For more information about the many services and resources available to you, please contact us at [families@4cforchildren.org](mailto:families@4cforchildren.org) or visit [www.4cforchildren.org](http://www.4cforchildren.org).