



Keeping Parents Supported

Learn to understand and manage your child's behaviors.

New twelve week Parent Groups for families with children 2 1/2 to 5 years old are starting in January.

Join us in a fun and positive program for parents and caregivers!

KEEP-P is here to:

- Assist parents with new skills to promote healthy social emotional development for their child
- Provide parents new skills for setting up routines, using charts and incentives, and setting limits.



If your family is already involved with Early Childhood CARES or to learn more and sign up with KEEP-P contact:

Carla Metz at 541-346-2578 cmetz@uoregon.edu



Winter Parent Group location:

Clinical Services Building
U of O Campus
901 E. 18th Avenue Rm 145

- Evening groups
- Light dinners provided
- Childcare provided
- Free parking



•••KEEP-P is a free program funded by the National Institute Child Health and Human Development (NICHD). Parents who sign up for KEEP-P are eligible to participate in the KEEP-P research program at the University of Oregon, earning a total of **up to \$200 in four visits**. This includes an interview before and after the Parent Group Program.

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