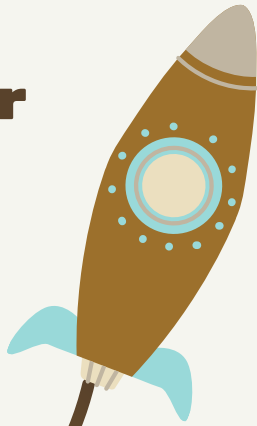


**Towards a
brighter
future for
your
family.**



CONTACT US

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Smart Start Northwest Kansas
Operating under the direction of:
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Colby, KS 67701
(785) 460-8177
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ABC PARENT COACHING

A FREE course offered by
LiveWell Northwest Kansas.

Learn how to be a nurturing
parent and build a stronger
bond with your children.



who we are

Certified Parent Coach Emily Palmer lives near Brewster and meets with families just like yours all over Northwest Kansas. Raising five children of her own aged 8 to 18, she knows how difficult it is to juggle kids, the stresses of life, and a job. And, she's ready to share her tips and tricks with you to help you navigate this complex world of parenting, too. Emily has a passion for integrating play and learning strategies, helping parents develop a nurturing bond and can show you how to de-escalate an unhappy kiddo.

We'd like you to consider contacting Emily today to learn more about the ABC Program and other services offered by LiveWell Northwest Kansas. All of our programs are free and some even offer a monetary completion bonus.

We understand it takes a village to raise a child and we're here for you.

about the program

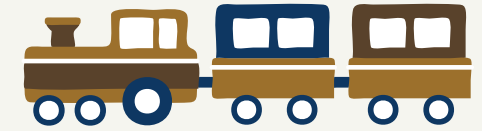
ABC

This is a short and snappy name for our [Attachment and Biobehavioral Catchup Intervention Program](#). ABC offers 12 weekly sessions at your home since this is where your child is most comfortable. Each week contains a new exercise to try, with in-the-moment help from Emily. Through the program, you'll learn how to identify your child's behavioral signals and how to respond sensitively to your infant or toddler, strengthen the bond with your child, learn how to help your child cope with stress, and many other skills.

INTERESTED IN ABC?

Any parent, primary caregiver, or legal guardian who has a child between the ages of 6 months and 48 months can enroll.

Call (785) 443-5538 today.



"ABC makes you more conscious of the actions you take as a parent and how you react to things. You notice weaknesses in your parenting and how to make them stronger. But, the most important part is that I never felt like a bad parent during the process. The coach didn't judge me, but helped me understand that I'm not alone,"
said an anonymous
ABC Parent.

