

# Parenting for the Future

We partner with parents of children under 5 years old to grow skills so your family thrives.

## Who is this for?

Parenting for the Future is a **free** program for parents funded by Hennepin County. The program is a good fit if you have at least one child younger than 5 years old and want help to grow your parenting skills and self-esteem.

Many parents in our program can say at least one of these statements:

*"I do not always know when my child needs help."*

*"I have difficulty reading or writing."*




*"In school, I took special education classes."*

*"I did not graduate from high school."*

*"I have been diagnosed with a cognitive limitation."*





*"I have applied for disability benefits through Social Security."*

## Improve parenting skills and confidence

-  Set up a daily plan for baths, food, and sleep
-  Respond to your child's feelings and actions
-  Deal with your challenges in and out of the home

This program gives you a safe place to ask questions and get real help through weekly parent education, home visits from a parent educator, and parenting support groups.

## Access to community resources like:

-  Immunizations and Well-Child checkups
-  Developmental screenings
-  Early therapy intervention, if needed
-  Early childhood education in our preschools

## Want to learn more?

Contact Yassah Camara,  
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