

ADAPT

Adaptive Parenting Tools



Because parents are their children's best teachers



ADAPT is the first research-based parenting program developed specifically to assist military families with school-aged children

ADAPT helps parents:

- ⇒ Identify family values and goals
- ⇒ Gain tools to strengthen relationships
- ⇒ Develop united parenting
- ⇒ Manage conflict in relationships
- ⇒ Gain cooperation & reduce worries/fears

A NEW resource for parents with 4-13 year olds

**Access the FREE self-paced web version at
www.adaptparenting.org, CODE: FAMILYWEST**



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