



# Stronger Starts

by First 5 California

Powered by  cell-ed

**Courses • Coaching • Micro-Learning**

Encourage positive parenting skills by age & stage.  
No smartphone or Wi-Fi required.

Four easy ways to start  
this FREE program.

Pick one!





# Cell-Ed Mobile App

1. Download the Cell-Ed app
2. Enter PIN 9250
3. Select a course







# Computer

1. Go to [www.gocelled.com](http://www.gocelled.com)
2. Enter PIN 9250
3. Select a course



# Courses Offered

- **Overview of Parenting Tools**

Learn four quick parenting tools: taking a pause, call and response, special time, the benefits of routine.

- **Keeping Calm in Challenging Situations (Be Calm)**

Caregiving is challenging! Learn tools for you and your child to stay calm in difficult moments.

- **Building Your Community (Be There)**

Learn about how people in your life can support you with parenting. Learn tools and get more support.

- **Strengthening Bonds with Your Child (Be There)**

Your love and care are so important for your child's growth. Learn why, and tools to show love and affection to your children.

- **Teaching Your Child Problem Solving Skills (Be Steady)**

Your child is learning new things every day. Take home tools to support your child in building resilience to face all of life's challenges.

- **Managing Power Struggles (Be Steady)**

As a child grows and learns, they will test the rules. Learn tools to respond consistently in those situations.

**Text 'HELP' to 1-866-971-8555**





1. Text "START" to 866-971-8555
2. Enter your PIN 9250
3. Follow the voice instructions





# Phone

1. Call 866-971-8555
2. Enter PIN 9250 followed by the # key
3. Follow the voice instructions

**Do not hang up the phone until you are instructed to do so.**