



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!



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.



Cell-Ed Mobile App

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



WhatsApp

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



Computer

1. Go to 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.

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.

Keeping Calm in Challenging Situations (Be Calm)

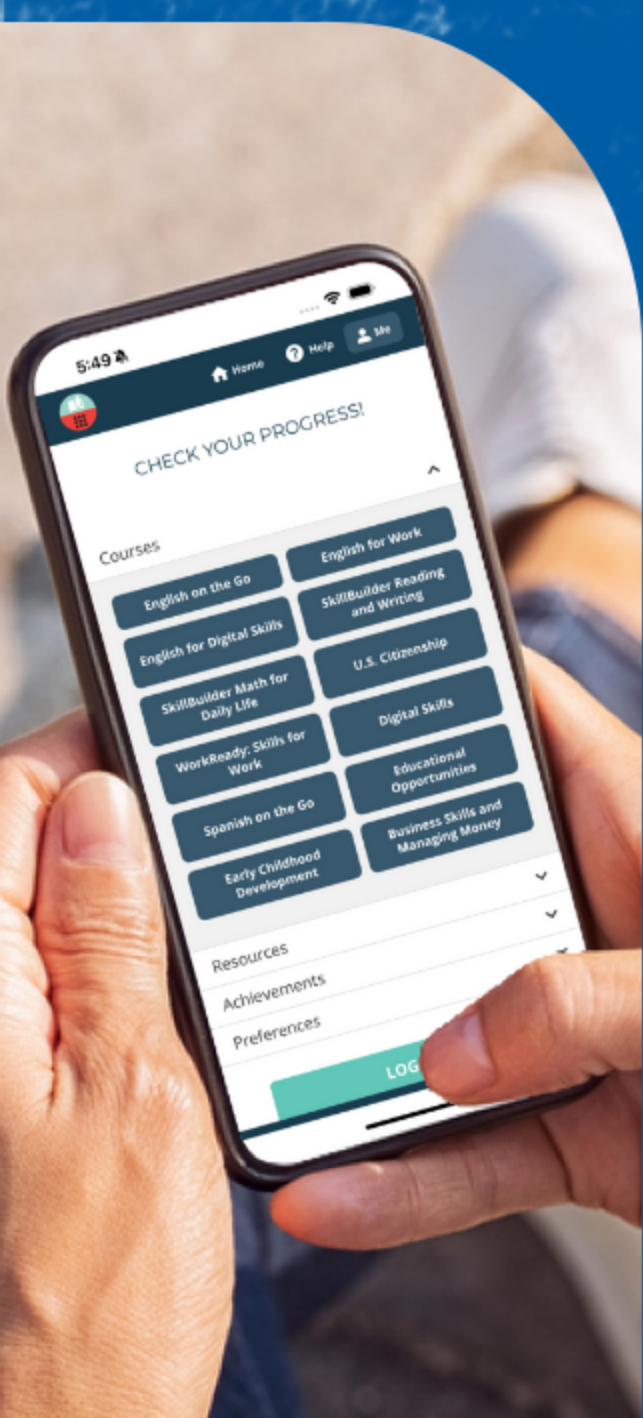
Caregiving is challenging! Learn tools for you and your child to stay calm in difficult moments.

Building Your Community (Be There)

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

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