

# HOT DOCS

Helping our Toddlers,  
Developing our Children's Skills



# DOCS K-5

Developing our Children's Skills K-5

## Join us for DOCS parent training!

Six 2-hour sessions that meet once a week for caregivers and child service professionals in Hillsborough County. DOCS Programs are generously funded by the Children's Board of Hillsborough County.

### HOT DOCS helps caregivers of children ages birth to 5 years with their children's:

- Sleeping & eating
- Following directions
- Bathing or dressing
- Temper tantrums
- Calming down

### DOCS K-5 helps caregivers of children in K-5<sup>th</sup> grade with their children's:

- Homework
- Following directions
- Socializing
- Challenging behaviors
- Calming down

#### Sessions include:

Skills review and weekly lesson  
 Parenting Tip and Special Play activity  
 Plan development, feedback, & coaching  
 Information on IEPs & 504s (DOCS K-5 only)

### Schedule & Locations:

One Time Fee | Caregivers = \$20 each | Professionals = \$40

## HOT DOCS



#### Tuesday 6-8 pm

USF, CMS building  
 13101 Bruce B. Downs  
 Blvd. Tampa, FL 33612  
 May: 9, 16, 23, 30  
 June: 6, 13

#### Fridays 9-11 am

Children's Board of  
 Hillsborough County  
 1002 E. Palm Ave  
 Tampa, FL 33605  
 May: 12, 19, 26  
 June: 2, 9, 16

#### Fridays 9-11 am

Family Resource Center Temple  
 Terrace  
 5892 E. Fowler Ave.  
 Temple Terrace, FL 33617  
 May: 12, 19, 26  
 June: 2, 9, 16

## DOCS K-5



#### Wednesday 6-8 pm

USF, CMS building  
 13101 Bruce B. Downs  
 Blvd. Tampa, FL 33612  
 May: 10, 17, 24, 31  
 June: 7, 14



To get sign up information, please email or call:

[hotdocs@usf.edu](mailto:hotdocs@usf.edu)

813-974-1048

<http://hotdocs.health.usf.edu>

@DOCSParentingPrograms

@TikTalkwithDOCS on TikTok

