

## 2018 Webinar Schedule

Join us for another year of live Family Matters events, where you can connect with **Bright Horizons**® parents and learn from experts on a variety of topics about balancing your work, parenting, caregiving, and family life.

### **RETURNING TO WORK AS A NEW PARENT**

**Week of January 30<sup>th</sup>**

Life as a new parent is overwhelming all by itself. Add in work, commuting, and other new responsibilities, and it can feel positively impossible. But it doesn't have to be! Join our webinar to get help on a smooth transition back to work. We'll offer tried-and-true tips for how to maximize your time at home and at work, develop a routine for the whole family...and more.

### **IS MY CHILD ON TRACK?**

**Week of March 27<sup>th</sup>**

Children develop at different rates...but are you wondering what "typical" milestones you should be looking out for? Are you concerned about developmental delays? Join our webinar dedicated to understanding early childhood milestones and get pointers for encouraging development at any age and stage.

### **WHERE DOES MY CHILD'S PERSONALITY COME FROM?**

**Week of May 29<sup>th</sup>**

Like everyone, your child has a unique personality – perhaps even completely different from yours. And that means you might have to adapt your parenting style accordingly...and to each child! Join us to learn about personality and temperament, to better understand and celebrate your child's distinctive style, and to skillfully manage behavior issues that can go along with more "spirited" personalities.

### **BOOSTING YOUR CHILD'S RESILIENCE & INDEPENDENCE**

**Week of July 31<sup>st</sup>**

When children are resilient, they are also independent, know how to cope with challenges, and exude confidence. In this webinar, you'll get ideas for challenging your child, encouraging independence skill building, and cultivating resilience, grit, and perseverance.

### **SKILLS FOR THE FUTURE**

**Week of September 25<sup>th</sup>**

A bright future starts with a forward-thinking education based on progressive ideas. And to be successful later in life, children need to learn future-focused academic concepts like STEM, critical thinking, and more. Join us to learn why these abilities are important, how they can be applied later in life, and ways you can encourage this skill development at home.

### **COMMON CAREGIVING CHALLENGES**

**Week of November 27<sup>th</sup>**

Are you trying to find – or provide – care for an elder loved one? Are you having trouble dealing with the emotional aspects of helping mom or dad? Are you overwhelmed with figuring out care logistics? In this webinar, we'll address common challenges, such as caring for elderly parents who live far away, finding professional help, planning for the future, coordinating care with other family members, and more.

*All webinar dates, times, and topics are subject to change.*

**Visit the Family Matters Resource Room to register for upcoming webinars when available.**  
[www.brighthorizons.com/familymatters](http://www.brighthorizons.com/familymatters)