

Calling all parents and caregivers — hear about child development, learning and skill-building, caring for elder loved ones, and more. Tune into our **Bright Horizons**® webinar series for actionable, expert advice.



**Register  
here for  
all webinars**

*Please note: All webinar dates and times are subject to change.*

- **The Science Behind Mindfulness and Learning**

Wednesday, January 31, 2024  
3:00 p.m. ET

Did you know that mindfulness and self-regulation can actually impact a child's ability to learn? Join us to hear about the latest research and find out how to practice mindfulness with your child.

- **Take Care of YOU; Take ON Challenging Behaviors**

Tuesday, March 19, 2024  
12:00 p.m. ET

Your child's behavior can be challenging — but it might be due to an inner conflict. And that inner conflict can often mirror your own. Learn how the FLIP IT (Feelings, Limits, Inquiries, Prompts) strategy can build your resilience and help you better deal with your child's behavior.

- **You Really ARE Making a Difference**

Wednesday, May 15, 2024  
3:00 p.m. ET

Discover the incredible capacity of your child's developing brain to think, feel, and act, and recognize the remarkable ways you are already nurturing your child's potential and fostering a future filled with positivity and growth.

- **Wonder: A True Brain-Booster**

Thursday, July 18, 2024  
12:00 p.m. ET

Curiosity drives learning. How can you inspire your child to maintain their natural sense of wonder? We'll give you some simple strategies that can make a big difference.

- **Supporting Neurodiversity**

Wednesday, September 18, 2024  
3:00 p.m. ET

Neurodiverse learners experience the world and absorb information in a variety of ways. Join us to learn how to offer children support and help others understand their unique needs.

- **Caregivers: Are You Spread Too Thin?**

Wednesday, November 13, 2024  
12:00 p.m. ET

If you're part of the sandwich generation, caring for your elder loved ones and your child at the same time can be overwhelming. What can you do when you feel pulled in all directions? Get expert tips and learn where to find help.

- **Social-Emotional Development**

Thursday, December 12, 2024  
12:00 p.m. ET

Making sure your child feels safe, loved, and well cared for is the foundation for healthy development, and it can help your child build social skills and emotional intelligence. Find out how you can support this area of human development.

**Don't miss these on-demand webinars on our most popular topics — available to access at any time:**

### **Managing Screen Time in the Digital World**

Screens are an ever-present part of our lives. Learn how to negotiate screen time for your child, set healthy boundaries, and navigate your increasingly digital life.

### **Returning to Work After Parental Leave**

Headed back to work after spending time at home with a new baby? Whether you're feeling anxious, stressed, guilty, excited — or all of the above — we've got strategies you can use to prepare for the logistics and mental load of it all.

### **Building Healthy Eating Habits for Life**

Nutrition impacts so much: mood, energy, focus, and more. Plus, it's especially important for your child's development. Find out how to work around cost, busy schedules, and picky eaters to build healthy habits for life.

### **Language Development in the Early Years**

From babbles, to words, to full sentences — children's language development is fascinating. We'll explore the different stages, key milestones, and what to expect in your child's first few years.

### **Emotional Intelligence + Why It Matters**

Higher emotional intelligence does so much more than help children understand how they (and others) are feeling. It's also a key player in building positive relationships, paying attention, and being engaged at school. Join us to learn more!

### **Getting Excited About STEM**

STEM is for everyone! Hear our experts' take on how to inspire your child to learn about science, technology, engineering, and math; explore big ideas; and help them dig deeper.