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## ‘Helping children with...’ series of webinars for parents

Achieving for Children’s Mental Health Support Teams are delivering a series of webinars for parents of primary aged children. The ‘**Helping Children with ...**’ series of webinars will cover a range of common difficulties experienced by children and will aim to share evidence-based strategies to help parents and carers support their children with these difficulties. Below is a list of webinars on offer over the coming months. In the third and fourth columns of the table below, you will find the sign up links. Please note that sign up links will be added a month before the webinar dates.

| Helping children with ...     | Overview of webinar  | Morning 9am  | Evening 6pm  |
|-------------------------------|--|--|--|
| <b>Challenging behaviours</b> | Children often communicate their needs through their behaviours. The ‘ <b>Helping children with challenging behaviours</b> ’ webinar will help you to learn about the different factors that can impact children's behaviours, build or strengthen positive relationships by reinforcing the importance of giving positive attention. You will also learn strategies to establish home rules and boundaries to create a safe and structured environment for your children. | 17 May 2024<br>9am<br><a href="#">MHST workshop: Helping children with challenging behaviour 17/5/24</a> | 16 May 2024<br>6pm<br><a href="#">MHST workshop: Helping children with challenging behaviour 16/5/24</a> |
| <b>Screen time</b>            | In this workshop we discuss the positive and negative impact of screen time and gaming on a child's mental wellbeing. We will share the recommendations for screen time based on age, how to have this conversation with your child in a positive and effective manner and a simple and effective way to manage screen time.   | 06 June 2024<br>9am<br><a href="#">MHST workshop: Helping children with screen time 6/6/24</a>           | 05 June 2024<br>6pm<br><a href="#">MHST workshop: Helping children with screen time 5/6/24</a>           |
| <b>Sleep</b>                  | The ‘ <b>Helping children with sleep</b> ’ webinar introduces a number of key concepts and strategies to support you in creating a healthy bedtime routine for your child. This webinar focuses on the importance of sleep due to its impact on child development and wellbeing, and explores key components in enhancing sleep quality.   | 28 June 2024<br>9am<br><a href="#">MHST workshop: Helping children with sleep 28/6/24</a>                | 26 June 2024<br>6pm<br><a href="#">MHST workshop: Helping children with sleep 26/6/24</a>                |



\*All Webinars are 60 minutes long, with 15 minutes at the end for questions and answers.

***\*Please have a pen and paper handy for the webinar.***

### **How to sign up**

Parents and carers can sign up to the webinars by clicking on the sign up links. This will take them to a google form where they will need to provide their email address, the school their child attends, and the year group their child is in.

### **Who to contact**

If parents have any questions, they can contact the school who will direct queries to the allocated MHST practitioner.