

# 2022 Family Webinars

Work, family, and you — Bright Horizons® webinars cover it all. Tune in throughout the year for interactive presentations full of expert guidance and strategies you can put into action.

Register for all webinars here:  
<https://bh.social/FamilyWebinarSchedule>

## What Kind of Parent Are You?

Thursday, January 27, 2022 – 1:30 p.m. ET

Parenting style + temperament (yours and your child's) can affect your child's behavior and emotional outcomes. Learn all about it — and how it can influence your child's happiness and success.

## Teaching Kids About Kindness, Empathy, and Being a Good Citizen

Tuesday, February 22, 2022 – 3:00 p.m. ET

Raising kind humans means encouraging empathy and good citizenship — and it all starts in the early years. Find out how to manage your expectations, boost kindness, and inspire your child to care for their community and environment.

## How to Talk About Gender Identity and Inclusion

Thursday, March 24, 2022 – 1:00 p.m. ET

How does gender identity unfold? How can you embrace it as your child grows? Join us for a conversation that will help you think about what makes your child unique, how to help them feel a sense of belonging out in the world, and how to create that same feeling at home.

## Discovery Driven Learning

Tuesday, April 26, 2022 – 2:30 p.m. ET

Hands-on, minds-on — that's how children learn best. Hear why learning through play is so important and find out how *Discovery Driven Learning*™ creates a foundation for early education at Bright Horizons.

## What Working Parents Need to Succeed

Tuesday, May 24, 2022 – 3:00 p.m. ET

What's on working parents' minds? We asked, you told us. Tune in as we reveal our annual research from this year's Bright Horizons Modern Family Index.

## Teaching Kids About Diversity, Equity, and Inclusion

Tuesday, June 28, 2022 – 3:00 p.m. ET

Encouraging young children to appreciate the beauty of differences makes them less likely to hold biases and discriminate later on in life. Learn how to help your child build the skills needed to embrace diversity.

### **Go Outside and Play!**

**Tuesday, July 19, 2022 – 2:30 p.m. ET**

Outdoor play: it's more than a breath of fresh air. Find out how it contributes to your child's imagination, encourages healthy risk taking, builds resilience and confidence, and inspires STEM skills.

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

**Tuesday, August 23, 2022 – 3:00 p.m. ET**

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.

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

**Thursday, September 22, 2022 – 12:30 p.m. ET**

Remote school and video chats have made screen time more normal at an early age. Learn how to negotiate screen time for your child, set healthy boundaries, and navigate your increasingly digital life.

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

**Wednesday, October 26, 2022 – 3:00 p.m. ET**

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.

### **The Sandwich Generation Stress**

**Wednesday, November 16, 2022 – 3:00 p.m. ET**

No matter where your elder loved ones live, caregiving logistics can be a lot to manage — especially on top of caring for your child. Watch to learn how to navigate your emotions and responsibilities...and where to find help.

### **Becoming a Resilient Parent**

**Tuesday, December 13, 2022 – 3:00 p.m. ET**

We don't have to tell you that the work-family balancing act is a challenge — you're living it. In this webinar, we'll give you some stress-relief strategies to help build your resilience.



*\*all dates and times are subject to change*