

# 2026 Virtual Events

Parents and caregivers: tune into **Bright Horizons®** live Q&As and webinars for advice you can use, for young children through high schoolers. Special guests and our own experts dive into a variety of topics — from setting boundaries and repairing after conflict, to healthy screen-time habits, to preparing for college, to caring for seniors, and more.

Scan or click to register for all events:

LIVE Q&AS:



WEBINARS:



## Live Q&A: Boosting Your College Savings

January 20, 2026 | 3:00-3:30 p.m. ET

Kickstart your saving-for-college New Year's resolution — find out what type of account to use, how much to save, the financial-aid impact, and more.

## Webinar: AI and Your Student

March 17, 2026 | 7:00-7:45 p.m. ET

AI has quickly become an everyday learning companion for students. Whether you're curious about it, cautious, or somewhere in between join us to gain perspective, clarity, and practical guidance.

## Webinar: Raising Healthy Eaters

April 15, 2026 | 3:00-4:00 p.m. ET

Squished peas on the floor? Going through the "I only want chicken nuggets" phase? We see you. Learn how to ensure your child gets the nutrition they need.

## Live Q&A: Launching Your College Search

May 5, 2026 | 3:00-3:30 p.m. ET

How can you help your child figure out where to apply? What's the "right" number of schools? Learn how to approach the college search process.

## Webinar: The Different Ways Children Play

June 10, 2026 | 2:00-3:00 p.m. ET

Play: it's the true work of childhood — it's so important for healthy child development. Learn the benefits and get ready to celebrate the International Day of Play on June 11.

## Webinar: Raising a Compassionate Child

August 12, 2026 | 3:00-4:00 p.m. ET

Let's make the world a better place, together. Get our experts' take on how to help your child become caring, inclusive, and respectful.

## Live Q&A: Maximizing Financial Aid & Scholarships

September 1, 2026 | 12:00-12:30 p.m. ET

Your family may end up paying significantly less than a college's sticker price. Learn how to make the most of need-based financial aid and merit scholarships.

## Webinar: 3 Essential Skills to Kickstart the School Year

September 15, 2026 | 3:00-3:45 p.m. ET

Find out how to nurture your child's growth mindset, use effective organizational techniques, and set motivating goals to keep your child on track.

## Webinar: Healthy Screen Time for Young Kids

October 14, 2026 | 2:00-3:00 p.m. ET

When it comes to screen time, what amount is considered "okay"? What activities are best? Worst? Get your questions answered and learn how to set up healthy habits at home.

## Live Q&A: Planning for Summer & High School Courses

December 1, 2026 | 12:00-12:30 p.m. ET

What activities are best? How important are community service and internships? Which AP courses hold the most weight? Help your child plan ahead.

## Webinar: The Sandwiched Caregiver

December 9, 2026 | 3:00-4:00 p.m. ET

Are you juggling child care along with senior care? This huge responsibility comes with a lot of pressure — learn where to find the right support.