



# Navigating parenthood WEBINARS

Hundreds of parents have found guidance, advice and support in our free expert-led webinars. Now more popular than ever before, these sessions cover the topics that parents want to learn about, including health and wellbeing, academic achievement and strengthening family connections

Our new season of webinars is waiting for you... We can't wait to see you there!



## Autism in women and girls

Cynthia Gouveia Caria, Beyond Autism

07/05/25 | 7.30 - 8.30pm



## Helping your child develop the habit of reading

Professor Teresa Cremin and Kelly Ashley, The Open University

14/05/25 | 7.00 - 8.00pm



## Time management for parents juggling work and family life

Matthew Carlton, Shine Workplace Wellbeing

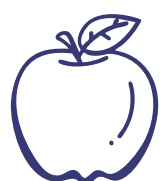
21/05/25 | 7.30 - 8.30pm



## Preparing for secondary

Michael Whitworth and Miranda Perry, Abrial

03/06/25 | 7.30 - 8.30pm



## Healthy snacks and lunchboxes on a budget

Jenny Tschiesche, nutritionist and bestselling cookbook author

13/06/25 | 12.30 - 1.30pm



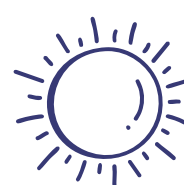
I felt completely seen. I was surprised at how relatable the conversations were. So helpful.



## Preparing for primary

Rachel Vecht, Educating Matters

18/06/25 | 7.30 - 8.30pm



## Keeping your child with SEND entertained over the summer

Georgina Durrant, bestselling author and SEND consultant

26/06/25 | 7.30 - 8.30pm



## Coping tools for your child's big emotions

Jennifer Wyman, Bridge the Gap Child Mental Health C.I.C

02/07/25 | 7.30 - 8.30pm



## Helping your child succeed in reception

Lisa McLeod, former primary school teacher and mentor

11/07/25 | 12.30 - 1.30pm

Find out more and sign up to our webinars here:



[parentkind.org/parent-webinars](https://parentkind.org/parent-webinars)