


# Navigating parenthood

# WEBINARS

## Toolkit downloads



### Navigating parenthood WEBINARS

From nurturing your child's health and wellbeing to supporting their success at every stage of school, our expert-led Navigating Parenthood webinars have guided hundreds of families through the ups and downs of parenting. Our new season of parent webinars is here, join us and continue the journey with confidence!

**A parent's guide to autism in girls**  
Carly Steel, Autism specialist, consultant and trainer  
Autism girls are often misunderstood, misdiagnosed and unsupported. This webinar explores how parents can support their daughters and what you can do to help your child thrive. We'll be exploring the signs and symptoms, how to get your child assessed and practical strategies to support your child with confidence.

**28.04.26 7.00 - 8.30pm**

**Motivation Matters: How to talk to kids who listen**  
Rachel Welch, Educating Matters  
Your child may be listening to you, but are they really listening? This webinar explores practical communication techniques that encourage cooperation and a growth mindset, while helping you build strong connections, boost confidence and make your requests more achievable.

**28.04.26 7.00 - 8.30pm**

**Preparing for secondary school**  
Melissa Whitworth and Miranda Perry Alford  
The school transition is a crucial milestone that can be a big change for children and parents. This webinar explores how to understand your child's needs, how to get your child ready for secondary school, and practical strategies to help your child navigate this transition with confidence.

**14.05.26 1.30 - 3.30pm**

**Healthy snacks and lunchboxes on a budget**  
Jenny Durbute, nutritionist and bestselling cookbook author  
It's so easy to get stuck in a cycle of unhealthy snacks and lunchboxes that eat into your budget. Drawing on 15 years of experience, we'll explore practical ideas and strategies to help families provide healthy snacks and lunchboxes on a budget.

**14.05.26 1.30 - 3.30pm**

**Supporting an anxious child**  
Jennifer Wyman, Bridge the Gap Child Mental Health C.I.C.  
This webinar explores signs and symptoms with practical tools to support anxious children in the home, school and community. We'll explore how to work with your child's anxiety, how to get your child assessed and practical strategies to help your child thrive with confidence.

**20.05.26 11.00 - 1.00pm**


**Be School Ready panel discussion**  
Dr Katy Wyman, Jennifer Wyman and Sarah Knight  
Starting school is a big milestone for children and parents alike. This expert-led discussion explores how to get your child ready for school, from managing first day nerves and building confidence to understanding learning, developing life skills and preparing for early school experiences.

**06.05.26 12.30 - 1.30pm**

**Helping your child succeed at school**  
Lisa McLeod  
This webinar helps parents understand what children learn in school, covering the 7 areas of the Early Years Foundation Stage, Early Learning Goals and the Reception Baseline Assessment. It explores what you can do to support your child's learning, including practical strategies for building confidence and communication skills.

**24.05.26 12.30 - 1.30pm**

Find out more and sign up to our webinars here: [parentkind.org/parent-webinars](https://parentkind.org/parent-webinars)



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**An introduction to Pathological Demand Avoidance (PDA)**  
Sarah Stewart, The PDA Society  
PDA is a complex condition that is often misunderstood, misdiagnosed and unsupported. This webinar explores how to understand your child's needs, how to get your child assessed and practical strategies to help your child thrive with confidence.

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### Parents make the difference

Parentkind can help you to support your child's learning and wellbeing

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- Free expert Navigating Parenthood webinars
- Ready-to-use activity and home learning packs
- Clear, jargon-free education advice
- School readiness and SEND support via the Be School Ready hub
- Practical guidance on working with your child's school

Parentkind is the UK's largest parent charity

We also champion parents' voices through the National Parent Survey, the UK's largest annual parent survey – making sure families are heard in education

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Scan the QR code to explore free support for your family: [parentkind.org](https://parentkind.org)



Parentkind

Parent webinar Summer 2026

## A parent's guide to autism in girls

Carly Steel, Autism specialist, consultant and trainer

23/04/2026  
7.00 - 8.30pm

Book your place now at [parentkind.org/parent-webinars](https://parentkind.org/parent-webinars)

FREE TO ATTEND WEBINAR

Parentkind

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