



# Navigating parenthood WEBINARS

From nurturing your child's health and wellbeing to supporting their success at 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 for more parenting tips and inspiration!

## An introduction to autism

Matt Malone, Beyond Autism

21/01/26 | 7.30 - 8.30pm

## Socialising in reception: Finding friends, falling out and everything in between

Lisa McLeod, former primary school teacher and mentor

22/01/26 | 12.30 - 1.30pm

## Caring for ADHD Children Matters

Gwendolyn Jones, Educating Matters

27/01/26 | 7.30 - 8.30pm

## Parenting styles that shape children's future: Finding the balance between love and limits

Dr. Kathy Weston, Tooled Up Education

03/02/26 | 7.30 - 8.30pm

## Coping tools for your child's big emotions

Nikki Webster, Bridge the Gap Child Mental Health C.I.C.

05/02/26 | 12.30 - 1.30pm

## Keeping your child safe online

Caroline Allams, Natterhub

11/02/26 | 7.30 - 8.30pm

## A parent's guide to autistic burnout

Carly Steel, autism specialist, consultant and trainer

12/02/26 | 12.00 - 1.30pm

## Understanding your child's anger

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

25/02/26 | 7.30 - 8.30pm

## Helping your child develop a love of reading

Professor Teresa Cremin and Kelly Ashley of The Open University

03/03/26 | 7.00 - 8.00pm

## How to support your child's learning in secondary school

Michael Whitworth and Miranda Perry, Abrial

04/03/26 | 7.30 - 8.30pm

## The friendship factor: Helping your child build healthy, happy connections

Dr. Kathy Weston, Tooled Up Education

10/03/26 | 7.30 - 8.30pm

## Building your child's brain for lifelong health: The Oxford Brain Story

Professor Elizabeth Rapa and Professor Louise Dalton, Oxford University

12/03/26 | 12.30 - 1.30pm

## A parent's guide to understanding autism and ADHD together

Carly Steel, autism specialist, consultant and trainer

18/03/26 | 7.30 - 8.30pm

## From meltdowns to mindfulness: Practical tools for peaceful parenting

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

25/03/26 | 7.30 - 8.30pm

Find out more and sign up to our webinars here:



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