

ONLINE SEMINAR FOR PARENTS



Early Learning Initiative
National College of Ireland

PARENTING DURING **COVID-19**
- SUPPORTING YOU AND YOUR FAMILY'S WELLBEING

Dates: Tuesday, 20th October, 10am-12pm



**This isn't forever.
It's just right now.**

As a community we are in the midst of an incredibly stressful time, full of changes, uncertainty, and strong emotions. In the best times, parenting can be difficult, but parenting during a pandemic presents a whole new set of additional challenges. With this in mind, this webinar will provide parents and caregivers useful tools to help support both you and your children's emotional health and wellbeing during this difficult period.

The topics the webinar will look at are:

- Tips to support your child through stressful times
- Talking about feelings with your child
- The role of self-care in the parenting relationship

Parents who attend will also receive a family emotional wellbeing pack. Places are limited. To secure your place please register by emailing sonya.goulding@ncirl.ie

The **A**rea **B**ased **C**hildhood Programme

