

Parenting in the Context of COVID-19

The current context of COVID-19 is requiring parents to manage a wide variety of roles; for many the home has become a workplace and a school. At the same time there are severe restrictions on the social lives of both adults and children and outdoor and sporting activities are limited.

Added to this is the understandable anxiety that adults and children are experiencing, and the wide variety of other difficult feelings. It is inevitable that this context is having an impact on relationships in families.

Family Links – the Centre for Emotional Health is offering the following webinar to support parents at this time. Each webinar lasts for approximately 50 minutes with 10 minutes available for questions.

Developing Emotional Resilience in Your Children and Family

Even with the strongest of bonds, family life can sometimes be challenging and complex. With the current unique situation in the world, this is likely to be amplified and more intense. It may be that what has worked well for us as families continues to work well – and it may also be that some changes are helpful. This webinar will look at ways to develop and support the emotional resilience of children and adults within families. Supporting children with transitions and change is a life skill that will benefit children now and into the future.

Delegates will:

- Review the evidence on resilience and the factors that support resilience in children
- Consider the factors that may undermine children's sense of resilience in the current context
- Gain knowledge of a range of strategies that support the development of resilience and review how they might be useful with their own children

Book a Webinar

Cost: £500 for a group of up to 98 people.

In addition to the webinar above we are happy to develop bespoke webinars for parents in the workplace. For more information or to book a webinar please contact us by phone: **01865 401800** or email: work@familylinks.org.uk.

Family Links is a national charity dedicated to empowering parents, children, families, schools and workplaces to be emotionally healthy. For over 20 years, we have delivered, developed and evaluated our innovative, high quality training through the Nurturing Programme. Our aim is to reach parents and their families whether they are at home, at school or at work.

