



# 2025 Family Webinars



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Parents and caregivers: tune into **Bright Horizons®** webinars for actionable advice related to every age and stage. Special guests and our own experts dive into a variety of topics — from how your baby's brain works, to social-emotional learning, to social media, and elder caregiving.

## Understanding Early Brain Development

February 12, 2025 | 12:00 p.m. ET

How do infants and toddlers think? How do their brains develop? Young children's brains absorb even more information than you might realize. In our webinar, learn strategies to support your child's brain development so they can reach their full potential.

## Social-Emotional Learning for Success

April 16, 2025 | 3:00 p.m. ET

Did you know that social-emotional development in early childhood is just as important as other areas of growth? In the first five years of life, it creates foundational skills, such as learning about emotions and empathy, and how to build relationships with other children and adults. Tune in to our webinar to learn more.

## The Power of Play for Kids

June 4, 2025 | 12:00 p.m. ET

Play is what childhood is all about. And for good reason — it offers so many developmental benefits and builds essential skills your child will need throughout their life. Hear more in our webinar and get ready to celebrate the International Day of Play on June 11.

## Raising a Reader

August 13, 2025 | 3:00 p.m. ET

Books are magic. Want to help your child develop a love of reading? Join our webinar to find out how. Explore how to choose great children's books, get tips on making story time fun and engaging, and learn about our Growing Readers program — now in its 25th year!

## Navigating Tech and Social Media

October 15, 2025 | 12:00 p.m. ET

Teens, tweens, social media, and screen time — do we have your attention yet? Whether you're wondering how screen time affects your child or how to create healthy practices at home, get the answers in our webinar.

## Supporting the Sandwich Generation

December 11, 2025 | 3:00 p.m. ET

Caregiving logistics and responsibilities can be a lot to manage, especially if you're caring for an older loved one and your child at the same time. Tune in to learn where to find help and how to handle your own emotions, too.

*\*Please note: all webinar dates and times are subject to change.*

**Don't miss these on-demand webinars on our most popular topics — available to access at any time:**

### **Take Care of YOU; Take ON Challenging Behaviors**

Your child's behavior can be challenging — but it might be due to an inner conflict. And that inner conflict can often mirror your own. Learn how the FLIP IT (Feelings, Limits, Inquiries, Prompts) strategy can build your resilience and help you better deal with your child's behavior.

### **Fueling Your Child's Curiosity and Creativity**

Creativity and curiosity are essential skills to being an effective learner, thinker, and researcher. However, these talents diminish over time in most people if not supported and encouraged. You can support your child's abilities to ask questions, use their imagination, and explore — find out how our *Discovery Driven Learning*<sup>™</sup> approach can help.

### **Supporting Neurodiversity**

Neurodiverse learners experience the world and absorb information in a variety of ways. In this webinar, learn how to offer children support and help others understand their unique needs.

### **The Science Behind Mindfulness and Learning**

Did you know that mindfulness and self-regulation can actually impact a child's ability to learn. Hear about the latest research and find out how to practice mindfulness with your child.

### **Emotional Intelligence + Why It Matters**

Higher emotional intelligence does so much more than help children understand how they (and others) are feeling. It's also a key player in building positive relationships, paying attention, and being engaged at school.

### **Language Development in the Early Years**

From babbles, to words, to full sentences — children's language development is fascinating. We'll explore the different stages, key milestones, and what to expect in your child's first few years.

