



THE PARENT ACADEMY

Feb-Mar 2022

WEBINARS

To register, please click on the time.

You will receive an email with ZOOM log on information. Sessions are 1 hour long.

TUESDAY 2/01/22 ONLINE SAFETY

How to monitor and protect children while online.

 [10 AM](#)

TUESDAY 2/08/22 MINDFUL PARENTING

Learn about mindful parenting and how to use mindful practices.

 [10 AM](#)

TUESDAY 2/15/22 TEST ANXIETY

Strategies to help children reduce test anxiety.

 [10 AM](#)

TUESDAY 2/22/22 PICKY EATERS

How best to deal with children who are picky eaters.

 [10 AM](#)

TUESDAY 3/01/22 POISON SAFETY

Learn how to keep children safe from poisonings.

 [10 AM](#)

TUESDAY 3/08/22 MINDFUL EATING

Tips for families on how to create a healthy eating lifestyle.

 [10 AM](#)

TUESDAY 3/15/22 PROBLEM-SOLVING

Help your child get focused and organized.

 [10 AM](#)

TUESDAY 3/29/22 ADOLESCENCE

Tips for understanding teenagers.

 [10 AM](#)

ENGLISH

