

# 2020 Family Webinar Schedule

Are you juggling work, parenting, caregiving, and family life? We're jumping into the new decade with another year of helpful **Bright Horizons**<sup>®</sup> family webinars just for you — join us!

#### Parenting into the New Decade | February 6, 2020

Work and family responsibilities weighing on your mind...and zapping your time? You're not alone. Join us for an interactive session on the latest research from Bright Horizons — and explore what matters to working parents like you.

### Caring for an Elder — and Everyone Else | April 28, 2020

Today, millennials are becoming caregivers, Gen Xers in the sandwich generation are caring for both children and elders, and boomers — "hidden" caregivers — are caring for their spouses. No matter where you fit in, this webinar will offer support and guidance for your caregiving journey.

### The Important Work of Play | July 28, 2020

It's not just what your child learns, it's how they learn — and play is how children develop new skills. Join us to find out how to weave play into your child's daily life at every age and stage.

## Your Child's Social-Emotional Development | October 27, 2020

Developing strong social-emotional skills today will make a real difference for your child in the future. This webinar will cover the five components of social-emotional learning, how to help your child learn these skills, and how they relate to executive function and school readiness.

All webinar dates, times, and topics are subject to change.