

Parenting Workshops

Join **Bright Horizons at Yale West Campus** for three-parenting workshops featuring practical advice on parenting, caregiving, learning, and managing your work and family life.

Click on a title below to register for one at a time or [register once for the entire series](#).

[Helping Children Cope with Fears](#) | January 14 at 12:30 p.m. ET

Help your child overcome fear by using this difficult emotion as an opportunity for personal growth, rather than letting it get in the way of your child's comfort and happiness. Join us for this virtual parent workshop with our Education Coordinator, Ms. Emily.

Learn strategies to help your child cope with fear, such as:

- ▶ Protection versus gentle exposure
- ▶ Role playing to process fear
- ▶ Creating a plan
- ▶ And more!

[Understanding Temperament](#) | February 11 at 12:30 p.m. ET

Understanding your child's temperament can be a complex and often frustrating process. All children are different, and knowing your child's unique style allows you to properly respond to his/her behavior while facilitating the interplay between you and your child.

[Communicating With Your Child](#) | March 11 at 12:30 p.m. ET

Communicating with your child is essential to avoiding conflict, sharing emotions, and building a strong relationship. Join us as we discuss expert strategies on effective communication. Through the advice of our teachers and other parents, you will gain valuable insight into how you can talk so that your child will listen.

Learn how to define aspects of effective communication, including:

- ▶ Empowering with choices
- ▶ Reciprocal conversation
- ▶ Validating feelings