Parent Webinar's for School Aged Children

Our School Nursing Team is pleased to offer a series of free webinars designed to support parents and carers with some of the most common health and wellbeing challenges faced by children and young people. These sessions provide practical advice, evidence-based information, and helpful strategies that can be used at home.

Who Are These Webinars For?

These sessions are open to parents, carers, and families of school-aged children and young people. Whether you are looking for advice, reassurance, or practical strategies, our webinars aim to provide supportive and accessible information to help your child thrive.

All webinars are free to attend and delivered by members of the Lancashire School Nursing Team.

Sleep: Supporting Healthy Sleep Habits

Getting enough quality sleep is essential for children's physical health, emotional wellbeing, learning, and behaviour. This webinar will help parents understand how much sleep children need at different ages, explore common sleep difficulties, and learn practical strategies to improve sleep routines. The session will also cover the impact of technology, anxiety, and lifestyle factors on sleep.

Topics include:

- Why sleep matters
- Age-appropriate sleep needs
- Creating positive bedtime routines
- Managing sleep difficulties
- Supporting children and young people to develop healthy sleep habit

Continence: Supporting Bladder and Bowel Health

Bladder and bowel issues can affect a child's confidence, wellbeing, and participation in everyday activities. This webinar aims to increase understanding of continence and provide practical advice to help families support healthy bladder and bowel habits. Parents will learn about common causes of difficulties and when additional support may be needed.

Topics include:

- Healthy bladder and bowel function
- Common continence concerns
- Toilet routines and hydration
- Managing constipation

- Accessing further support and advice

* If a child has symptoms such as pain when using the toilet, blood in their urine or poo, repeated infections, unexplained weight loss, severe constipation please seek advice from your GP before joining the webinar.

Healthy Lifestyles: Helping Children Thrive

Small healthy choices can make a big difference to a child's overall wellbeing. This webinar explores the key components of a healthy lifestyle and offers simple, practical ideas that families can incorporate into everyday life. The session will focus on building healthy habits that support long-term physical and emotional health.

Topics include:

- Balanced nutrition and healthy eating
- Physical activity recommendations
- Reducing sedentary behaviour
- Healthy screen use
- Encouraging positive lifestyle habits for the whole family

Behaviour and Emotional Health: Understanding and Supporting Your Child

Children and young people experience a wide range of emotions as they grow and develop. This webinar will help parents understand the links between behaviour, emotions, and wellbeing. The session provides practical strategies to support emotional regulation, build resilience, and strengthen communication within the family.

Topics include:

- Understanding behaviour as communication
- Supporting emotional wellbeing
- Building resilience and confidence
- Managing worries and anxieties
- Knowing when and where to seek additional support

Registration Information

All webinars are free to attend but registration is required. To book a place head over to our website https://lancschildandfamily.co.uk/ please select your chosen webinar and complete the online registration form. Once registered, you will receive joining instructions and a link to access the session before the webinar takes place