

August Wellbeing Series

An engaging health and wellbeing studio experience delivered to a dedicated platform, supporting you as you continue to work remotely. This month focuses on Parenting Top Tips!

Host: Emer O'Neill



Host on RTE's Home School Hub

August

**Wednesday
4th
@ 1.15pm**

August

**Wednesday
11th
@ 1.15pm**

August

**Wednesday
18th
@ 1.15pm**

August

**Wednesday
25th
@ 1.15pm**

What this series delivers:

- 4 live seminars with option to interact with the host and guest via polling and Q&A function.
- 'Parenting Top Tips' e-learning.
- Supportive tipsheets relating to the series topics for you to download, read and share with your colleagues.

Seminars

Nutrition

Eating well and forming good eating habits are key to a happy healthy family. From babies to family, we'll be discussing nutrition for breast feeding, healthy eating top tips and techniques to help you make meal times more exciting and get lots of the good stuff in. With special guest: Lucy Upton, Paediatric Dietitian & Feeding Therapist.

Engagement & Neurodiversity

Every child is different, and this week we will explore neurodiversity in children, and discuss the importance of finding activities that your child enjoys and truly engages with as well as virtual play therapy. With special guests: Marinet Brennan, Speech-Language Pathologist & Audiologist; Fiona Ferris, Deputy CEO of ASIAM.

Routines & Behaviours

Routines give us consistency and comfort, they provide us with a sense of normality and accomplishment. Good routines and habits can help family life run a little more smoothly. This week we'll be discussing the importance of routine and good behaviours with family and kids and post-pandemic mental health. With special guests: Fiona Forman, Teacher & Psychologist; Anita Fletcher, Parenting Coach & Podcaster.

Modern family

Starting a family is an exciting mile stone in life, and every family's journey to parenthood is different. We'll be discussing everything from IVF, Pregnancy, LGBTQ+ parenting to fostering and adoption. This session will feature an extended Q&A session with our expert. With special guests: Helena Tubridy, Fertility Coach, Psychotherapist & Former Midwife; Ranae Von Meding, Writer, Celebrant, Speaker & Activist.