

‘Helping children with...’

Webinars for parents 2025/26

Achieving for Children’s Mental Health Support Teams are delivering a series of webinars for parents of primary-aged children. The **‘Helping Children with ...’** series of webinars will cover a range of common difficulties experienced by children and will aim to share evidence-based strategies to help parents and carers support their children with these difficulties. Below is a list of webinars on offer over the coming months.

Helping children with ...	Overview of webinar	Morning 9am	Evening 6pm
Worries and anxiety	The ‘Helping children with worries and anxiety’ webinar will help you learn ways to support your child in dealing with their big feelings, worries, and fears. This webinar will give you practical ideas on how to help your child to think more positively and develop their self confidence. You will also be introduced to some helpful cognitive behavioural therapy concepts.	Tuesday 28th October	Tuesday 20th January
Friendship difficulties	In this webinar we will learn how to support our children develop their friendship skills: learning to communicate better, repair difficulties, and negotiate solutions when relationships between peers are tricky.	Thursday 20th November	Tuesday 27th January
Challenging behaviours	Children often communicate their needs through their behaviours. The ‘Helping children with challenging behaviours’ webinar will help you to learn about the different factors that can impact children's behaviours, build or strengthen positive relationships by reinforcing the importance of giving positive attention. You will also learn strategies to establish home rules and boundaries to create a safe and structured environment for your children.	Thursday 6th November	Tuesday 3rd February
Digital wellbeing	In this webinar we discuss the positive and negative impact of screen time and gaming on a child's mental wellbeing. We will share the recommendations for screen time based on age, how to have this conversation with your child in a positive and effective manner and a simple and effective way to manage the use of screens	Thursday 13th November	Tuesday 13th January

	in your home.		
Self esteem	In this webinar we will explore what self-esteem is, how low self-esteem can develop and be maintained, and will introduce some practical techniques to support you to improve your child's low self-esteem.	Thursday 27th November	Tuesday 10th February
Transition to Secondary	In this webinar we will explore the main worries children may experience when moving from primary to secondary school. We will help parents/carers think about the different ways to help to support and get their children prepared for the transition.	Thursday 7th May	Tuesday 19th May

*All Webinars are 60 minutes long, with 15 minutes at the end for questions and answers.

****Please have a pen and paper handy for the webinar.***

How to sign up

Parents and carers can sign up to the webinars by scanning the QR code or using the link below:



https://afc-self.achieveservice.com/service/MHST_Helping_Children_Webinars___Primary

You can choose the date you would like to attend, and will need to provide your email address, the school your child attends, and their year group.

Who to contact

If you have any questions, please contact the school Mental Health Lead, who will direct queries to the allocated MHST practitioner.