



Bright Horizons Benefits & Resources – Supporting You and Your Entire Family

February has two important children's events:

Children's Mental Health Week from 7th to 13th February. The theme for this year's focus week is **Growing Together** - growing emotionally and finding ways to help each other grow. **Care Day** on the 18th February is the world's largest celebration of the rights of children and young people with care experience.

Foster Care and Adoption

- Starting Nursery: Helping Fostered or Adopted Children Settle In
- First Hand Tips for Settling a Foster Child into Nursery
- Family is More Than Blood
- Raising a Confident Adopted Child
- Adoption and Same Sex Parenting

Children's Wellbeing

- How to Encourage Your Child to Look After Body & Mind
- Social Withdrawal in Teenagers: How to Support your Teen
- Wellbeing Activities & Relaxation Tips for Nursery Children

Upcoming Webinar:

New & Necessary Leadership Styles for Today
Thursday 24th February 2022

12.30 p.m. – 1.15 p.m.

In this session, we ask what effective 'leadership' looks like and why some of the previously acceptable ways now need to be disrupted or renewed. We explore practical strategies for reflecting on the role caring responsibilities play in enabling personal growth and clarity of perspective - essential for now, when our values and motivation are in the spotlight more than ever.

Sessions are also recorded and made available via the Resource Room

Don't forget about your onsite Bright Horizons nurseries!

Making pick-up and drop-off's as convenient as possible for you:

- ✓ Bright Horizons Lancaster nursery is situated in the grounds of the Royal Lancaster Infirmary
- ✓ Bright Horizons Barrow nursery is situated in the grounds of the Furness General Hospital

Find Support & Access Resources Today

solutions.brighthorizons.co.uk/resourceroom