

BUILDING PATHWAYS FOR HEALTHY MINDS

Parenting Education Webinar Series | Summer/Fall 2026

AUGUST

Thursday

12:00 PM - 1:00 PM

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Create a Nurturing Home for Your Children

Children need connection and guidance to grow into healthy adults. This workshop will help you learn to parent with connection in mind, using empathy and assertiveness to reach that goal. You will walk away with hands-on strategies for cultivating connection in your home and a better understanding of how empathy can be used to nurture and guide children.

SEPTEMBER

Wednesday

12:00 PM - 1:00 PM

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Connect Before you Correct

After you've set up environments where your child feels connection and empathy, what comes next? Parenting is about the day-to-day interactions we have with our children that build trust and love. This presentation will focus on connecting with your children while disciplining. Learn strategies to set boundaries and hold children accountable for their choices when they push those boundaries, while maintaining respect for yourself and your child.

Wednesday

12:00 PM - 1:00 PM

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Calm Starts With You: Everyday Stress Management for Parents and Children

Parenting is stressful, and your child feels your stress before they understand it. When you can pause and stay calm, your child learns to do the same, helping them feel safe and secure. This session offers tangible, everyday strategies for managing your own stress and helping your child learn to recognize and manage theirs, building a calmer, more secure home for both of you.

MORE INFORMATION

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<https://childbuilders.org/parent-webinars>

