

# Parent Webinars

## 2022

### January 26

#### Healthy Minds and Healthy Habits: How to Support Your Child's Mental Health

This session will focus on parenting strategies that will help parents support their children to be the best version of themselves.

### February 23

#### Social Media Awareness Collaboration with Crime Stoppers

In this presentation, parents will get a brief overview of potential online dangers, cybercrime trends, popular social media and gaming platforms, and online monitoring tools to assist in keeping students safe while using the Internet.

### March 23

#### Nutrition and Health

Families will learn how food can affect physical and mental health

### April 27

#### Nurturing the Tween/Parent Relationship

This session will offer tips on how to strengthen that relationship and teach the importance of setting healthy boundaries as they navigate their newly established age-appropriate responsibilities.

### May 18

#### Mental Health is For Everyone: Cultural Considerations

This session will focus on identifying, recognizing, understanding, and embracing cultural differences in mental health and how it is manifested.

**Get involved.  
Get help.  
Get healthy.**

For information about our resources, please scan here.  
[www.fortbendisd.com/wholechildhealth](http://www.fortbendisd.com/wholechildhealth)

