



**Member training:  
Parenting in an ever-changing world**

**February featured training**

**Parenting in an ever-changing world**

In the context of global events, parenting can be fraught with additional challenges. This session will capture some of the most common parenting concerns of the modern world, including online safety for children and young people. This presentation provides practical information about parenting in an ever-changing world and how to help children thrive, despite the turbulent times we live in.

Participants will:

* Build an awareness of the childhood development stages
* Explore how to build resilience in children and adolescents
* Discuss how to talk to children about traumatic and/or difficult events
* Identify what behaviours to look out for and when to reach out for help

Register for a live 1-hour training session or use the on-demand option to watch the training when it’s convenient for you. All training options are delivered in English.

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| **Recorded sessions**  On demand  (no Q&A)  [**Watch now**](https://optum-au.webex.com/recordingservice/sites/optum-au/recording/7ed3a3614246103bbaf200505681508d/playback?rcdKey=4832534b00000005af93145f3146bae83226a7a6818b70b1e0c6c301709c05b295512f5c6c53b5ad&timeStamp=1672867171899&reviewId=488330637)  **Short on time?**  [**Watch the 10-minute summary here**](https://optum-au.webex.com/optum-au/lsr.php?RCID=b470e9813de4c171662d0a2ff0d9cbd5) | **20 February**  07:00-08:00 GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006GSHZQA4) | **22 February**  13:00-14:00 GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006GSHeQAO) | **24 February**  17:00-18:00 GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006GSHjQAO) |

**Space is limited for the live training session options, so advance registration is required.**

## Next month’s training will focus on Self-care: Small change for positive results. Keep an eye out for registration links to join a live session or use the on-demand option to watch when it’s convenient for you.

**Get started**

**This programme should not be used for emergency or urgent care needs. In an emergency, call the local emergency services phone number or go to the nearest ambulatory or emergency care facility.** This programme is not a substitute for a doctor’s or professional’s care. This programme and its components may not be available in all locations, and coverage exclusions and limitations may apply.

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