2026 Family Webinars

Parents and caregivers: tune into **Bright Horizons**® webinars for advice you can use throughout your child's early years. Special guests and our own experts dive into a variety of topics — from setting boundaries and repairing after conflict, to nutrition and picky eating, to healthy screen-time habits, and more.

Scan or click [here](#) to register for all family webinars.

Parenting Tools that Build Connection

February 11, 2026 | 2:00 p.m. ET

Find out how to be a compassionate parent while setting and holding limits and boundaries. Get tips from our experts for navigating tough moments and big feelings.

Raising Healthy Eaters

April 15, 2026 | 3:00 p.m. ET

Squished peas on the floor? Refusing anything but chicken nuggets? Discover simple, research-backed ways to support your child's nutrition and make mealtimes less stressful.

The Different Ways Children Play

June 10, 2026 | 2:00 p.m. ET

Imaginary play, independent play, guided play, sensory play: what are they and why are they important? Learn the benefits and get ready to celebrate the International Day of Play on June 11.

Raising a Compassionate Child

August 12, 2026 | 3:00 p.m. ET

Let's make the world a better place, together. Get our experts' take on how to help your child become caring, inclusive, and respectful.

Healthy Screen Time for Young Kids

October 14, 2026 | 2:00 p.m. ET

When it comes to screen time, what amount is considered "okay"? What activities are best? Worst? Get your questions answered and learn how to set up healthy habits at home.

The Sandwiched Caregiver

December 9, 2026 | 3:00 p.m. ET

Are you juggling child care along with senior care? This huge responsibility comes with a lot of pressure — learn where to find the right support.

EXCLUSIVE COLLEGE COACH WEBINAR
Boosting Your College Savings

January 20, 2026 | 3:00 p.m. ET

Kickstart your saving-for-college New Year's resolution — find out what type of account to use, how much to save, the financial-aid impact, and more.

Scan or click [here](#) to register

Please note: all webinar dates and times are subject to change.