



## School Health Nurses Free webinars for parents and carers

### Schedule for March 2022

These sessions are suitable for carers of children and young people of all ages. Click the links for full details.



21st

Continence in children and young people [bit.ly/3J22f09](https://bit.ly/3J22f09)



22nd

Healthy eating and physical activity [bit.ly/3MFoSJN](https://bit.ly/3MFoSJN)



23rd

Keeping your child happy and healthy [bit.ly/35Np9Kg](https://bit.ly/35Np9Kg)



24th

Helping your child with sleep [bit.ly/34uVIBo](https://bit.ly/34uVIBo)



28th

Eating disorder awareness [bit.ly/3hU8Qha](https://bit.ly/3hU8Qha)



28th

Dental health [bit.ly/3MED0b8](https://bit.ly/3MED0b8)



29th

Understanding your child's wellbeing [bit.ly/3MEDPMe](https://bit.ly/3MEDPMe)