

Join us during our upcoming **Bright Horizons®** webinars. Learn more about your benefits and access expert-led events throughout the year. Just click on a webinar title, “Register Now,” or “Recorded Version” link below to register. All webinars are available on-demand after the live event date.

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

Family Webinars

What Kind of Parent Are You?

Thursday, January 27 at 1:30 p.m. ET

Parenting style + temperament (yours and your child’s) can affect your child’s behavior and emotional outcomes. Learn all about it — and how it can influence your child’s happiness and success.

Teaching Kids About Kindness, Empathy, and Being a Good Citizen

Tuesday, February 22 at 3:00 p.m. ET

Raising kind humans means encouraging empathy and good citizenship — and it all starts in the early years. Find out how to manage your expectations, boost kindness, and inspire your child to care for their community and environment.

How to Talk About Gender Identity and Inclusion

Thursday, March 24 at 1:00 p.m. ET

How does gender identity unfold? How can you embrace it as your child grows? Join us for a conversation that will help you think about what makes your child unique, how to help them feel a sense of belonging out in the world, and how to create that same feeling at home.

Discovery Driven Learning

Tuesday, April 26 at 2:30 p.m. ET

Hands-on, minds-on — that’s how children learn best. Hear why learning through play is so important and find out how *Discovery Driven Learning™* creates a foundation for early education at Bright Horizons.

What Working Parents Need to Succeed

Tuesday, May 24 at 3:00 p.m. ET

What’s on working parents’ minds? We asked, you told us. Tune in as we reveal our annual research from this year’s Bright Horizons Modern Family Index.

Teaching Kids About Diversity, Equity, and Inclusion

Tuesday, June 28 at 3:00 p.m. ET

Encouraging young children to appreciate the beauty of differences makes them less likely to hold biases and discriminate later on in life. Learn how to help your child build the skills needed to embrace diversity.

Go Outside and Play!

Tuesday, July 19 at 2:30 p.m. ET

Outdoor play: it's more than a breath of fresh air. Find out how it contributes to your child's imagination, encourages healthy risk taking, builds resilience and confidence, and inspires STEM skills.

Returning to Work After Parental Leave

Tuesday, August 23 at 3:00 p.m. ET

Headed back to work after spending time at home with a new baby? Whether you're feeling anxious, stressed, guilty, excited — or all of the above — we've got strategies you can use to prepare for the logistics and mental load of it all.

Managing Screen Time in the Digital World

Thursday, September 22 at 12:30 p.m. ET

Remote school and video chats have made screen time more normal at an early age. Learn how to negotiate screen time for your child, set healthy boundaries, and navigate your increasingly digital life.

Building Healthy Eating Habits for Life

Wednesday, October 26 at 3:00 p.m. ET

Nutrition impacts so much: mood, energy, focus, and more. Plus, it's especially important for your child's development. Find out how to work around cost, busy schedules, and picky eaters to build healthy habits for life.

The Sandwich Generation Stress

Wednesday, November 16 at 3:00 p.m. ET

No matter where your elder loved ones live, caregiving logistics can be a lot to manage — especially on top of caring for your child. Watch to learn how to navigate your emotions and responsibilities...and where to find help.

Becoming a Resilient Parent

Tuesday, December 13 at 3:00 p.m. ET

We don't have to tell you that the work-family balancing act is a challenge — you're living it. In this webinar, we'll give you some stress-relief strategies to help build your resilience.

Benefit Overview Webinars

Bright Horizons Enhanced Family Supports

Working parents need support to balance the many responsibilities you face each day. That's where *Bright Horizons Enhanced Family Supports*™ comes in. Join any of the webinars below to learn about the support available to you each season.

- **Start the Year Right: Wednesday, January 12, 12:00 p.m. ET | [Register Now](#)**
- **Start the Year Right: Wednesday, February 9, 12:00 p.m. ET | [Register Now](#)**
- **Support for Working Professionals: Wednesday, March 9, 12:00 p.m. ET | [Register Now](#)**
- **Summer Support: Wednesday, May 11, 12:00 p.m. ET | [Register Now](#)**
- **Summer Support: Wednesday, June 15, 12:00 p.m. ET | [Register Now](#)**
- **Back to School: Wednesday, July 13, 12:00 p.m. ET | [Register Now](#)**
- **Back to School: Thursday, August 11, 12:00 p.m. ET | [Register Now](#)**
- **End of Year: Wednesday, October 12, 12:00 p.m. ET | [Register Now](#)**
- **End of Year: Wednesday, November 9, 12:00 p.m. ET | [Register Now](#)**
- **[Recorded Version](#)**

In addition to these webinars, you also have access to benefits to support your needs.

Access Your Benefits

Visit <https://clients.brighthorizons.com/dxc>

If Prompted: Employer Username: ES | Password: family