



# Practical Parenting in a Pandemic

A SPECIAL WEBINAR  
FOR UNKNOWN TIMES  
WITH  
**Maggie Dent**

[commonsenseparenting.com.au](http://commonsenseparenting.com.au)

## **BROKEN BAY CATHOLIC SCHOOLS PARENTS - FREE WEBINAR**

**The BBCSP is offering this FREE Maggie Dent Webinar 'Practical Parenting in a Pandemic' which also includes two free ebooks and several audio tracks.**

A special webinar for unknown times, the whole world has been living through a traumatic event since the coronavirus pandemic became a part of our everyday experiences in early 2020. With no clear endpoint to focus on, this is taking a huge toll on us all in terms of stress and the impact on our nervous systems.

Parents are facing particular challenges as they try to manage their own emotions and responses – and the practical challenges of coming in and out of lockdown, and especially with remote learning and other public health restrictions – alongside their children's.

In this webinar, parenting author, educator and resilience specialist Maggie Dent explores the layers of stress, anxiety and grief for families that have been created by this pandemic.

Maggie looks at the impact this long haul is having on our capacity for coping and addresses some key issues...

- How to keep on building strength and resilience with small steps that will prepare you for the months ahead
- Tips for transitioning your children through a staggered return back to school and face-to-face learning
- Strategies for managing prolonged remote learning (crisis learning) and working from home with kids and teens underfoot
- Preparing to cope with snap lockdowns that may be ahead when outbreaks occur in school communities and local government areas
- The dynamics of loss and change – and how you can navigate them
- Understanding and managing your own stress / warning signs and what to do about them
- The steps to recovery...

**To register for the FREE COUPON code email: [catholicschoolparents@dbb.org.au](mailto:catholicschoolparents@dbb.org.au) & for further information on the webinar visit Practical Parenting in a Pandemic | Maggie Dent's Common-sense**