

# #YOU'VE BEEN MISSED

## Webinars for parents



**Birmingham's #you'vebeenmissed campaign** is to support children and young people, parents and carers and professionals throughout the Covid pandemic. As part of the campaign, Lydia Stafford, a Mental Health Nurse working in the Forward Thinking Birmingham's early help team is leading 3 webinars to support parents. Lydia is passionate about supporting parents to maintain and strengthen relationships with their children, whilst being able to manage difficulties and challenges. There are many transitions ahead for everyone moving slowly back into life after lockdown; Lydia would like to offer parents a webinar that explains why self-care as a parent at this time is a priority not only for their well-being but also in supporting and being "present" for their children during these transitions. Parents will also hear how the smallest acts to look after ourselves can make a significant difference. Lydia is also a parent to 3 children, she will be bringing aspects of both her personal and professional self to bring this concept across in a real, honest and connected way. For resources and videos visit: [bwc.nhs.uk/youve-been-missed](https://bwc.nhs.uk/youve-been-missed)

### PARENTING SELF-CARE SUPPORT

**SESSION LEADER: LYDIA STAFFORD - FORWARD THINKING BIRMINGHAM STICK TEAM**

#### AVAILABLE DATES:

**2ND JULY, 1.30PM - 2.30PM**

**17TH JULY, 10.30AM - 11.30AM**

**25TH AUGUST, 1.30PM - 2.30PM**

**Sessions hosted on Zoom**

**TO BOOK, VISIT <https://bep.education/events/>**