

# Free Webinars

for parents, caregivers and those who work with children and youth



## Post COVID-19 in Children and Youth

- **An Introduction:** understand the signs and symptoms, recovery path and resources to support children's physical and emotional well-being.
- **Care of the Caregiver:** recognize caregiver stress, its impact on daily functioning and strategies to support the caregiver's well-being.
- **Care of Their Body:** use of the 6Ps to manage fatigue to support children to engage in activities they want to do and need to do.
- **Care of the Brain:** understand how brain fog and mood changes affect children's daily activities, and strategies to support their mental and emotional well-being.
- **Care of Eating and Sleep:** use strategies to lessen eating challenges; strategies for rest and bedtime routine to maximize energy for everyday activities.

**Intended for:** All parents and caregivers of children ages 6 to 18 years.

**Length of Session:** Five webinars: each is 1 hour

**Type of Session:** Live online session on Zoom

**Developed and Delivered by:** AHS occupational therapist, , physiotherapist, psychologist

**Register for each webinar at:** [myhealth.alberta.ca/pediatric-rehabilitation/webinars](https://myhealth.alberta.ca/pediatric-rehabilitation/webinars)

- Click [HERE](https://myhealth.alberta.ca/pediatric-rehabilitation/webinars)

- Or, scan the QR code



### About Our Webinars

- ✓ Free, live and online
- ✓ Hosted by AHS healthcare professionals
- ✓ For Alberta residents
- ✓ Registration required

### To Explore What We Offer:

- Click [HERE](https://myhealth.alberta.ca/pediatric-rehabilitation/webinars)
- Or scan the QR code



- Or visit [myhealth.alberta.ca/Pediatric-Rehabilitation](https://myhealth.alberta.ca/Pediatric-Rehabilitation)