

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

Online Blum Center Programs: MassGeneral Hospital for Children Parenting Series

The Blum Center has moved our programs online using a platform called Zoom. All programs are free and open to MGH staff, patients, and the general public.

To attend a specific program, click on the link provided for each one.

**Tough Conversations:
Tips to Navigate Challenging Times with Children**
Thursday, March 18, 2021
12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/88153498275>

When your child asks questions about something upsetting, scary or difficult that happens in the world, what do you say – or do you say anything at all? Steven Schlozman, MD, and Michael Jellinek, MD, of Child and Adolescent Psychiatry, share tips on how to navigate these challenging conversations with children.

Talking to Your Child About Differences and Discrimination
Thursday, April 29, 2021
12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/87616255693>

How do you talk to children about differences in the world? How do you support children who are victims of racism and discrimination? Aisha James, MD, MS, Gracia Kwete, MD, and Carlos Torres, MD, pediatricians and associate directors of Diversity and Equity at MGHfC, share tips on how to bring up these challenging topics to children and become allies in the work of creating an anti-racist society.



For more information:

Call (617) 724-7352

or

Email PFLC@partners.org

The Maxwell & Eleanor Blum
Patient and Family Learning Center
White 110

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MassGeneral Hospital for Children Parenting Series (continued)

Struggling and Strength: Tips to Build Resiliency in Children

Thursday, May 6, 2021

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/84553524012>

When faced with challenging or stressful situations, learning how to adapt and overcome is an important skill for overall wellbeing. This is called building resiliency skills. Aude Henin, PhD, co-director of the MGH Child Cognitive-Behavioral Therapy Program and clinical co-director of the MGH Child Resiliency Program, will share tips to help your child or teen cope with challenges or stressors and how you can help build a support system for yourself and your family to encourage a sense of resilience in children.

Pediatric Telehealth: How to Get the Most Out of Virtual Visits for Your Child

Thursday, June 3, 2021 (new date)

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/89860326084>

With the pandemic, telehealth has been thrust from the fringes into the center of MGHfC's pediatric outpatient care delivery model. This new virtual visit format comes with new challenges for parents, children, and providers. Learn how to prepare for these virtual visits, navigate the actual visit, and understand under what circumstances a virtual visit may not be appropriate for your child from Shannon Scott-Vernaglia, MD, a pediatrician at MGHfC, and Ben Nelson, MD, of Pediatric Pulmonary Medicine.

Turning Obstacles into Opportunities: Tips to Manage Childhood Obesity

Friday, September 10, 2021

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/83598108586>

Learn the challenges that many families face when dealing with childhood obesity from Vibha Singhal, MD, MBBS, director of the Pediatric Program in the MGH Weight Center and provider in Pediatric Endocrinology. She will also share insights and tips on how to manage childhood obesity.



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MassGeneral Hospital for Children Parenting Series (continued)

Strong from the Start: Helping Teens Build Healthy Relationships and Recognize Early Signs of Unhealthy Ones

Tuesday, October 26, 2021

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/83099233673>

How can we support teens in developing healthy peer and dating relationships? This talk will focus on the early building blocks of children's later peer relationships, how to recognize some early signs of unhealthy dating relationships, and information to clarify misconceptions that teens may have about dating relationships. Archana Basu, PhD, of Child and Adolescent Psychiatry, shares tips on how to help your teen foster strong, healthy peer and dating relationships.

Setting the Stage for Healthy Eating Habits

Friday, November 12, 2021

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/84824372366>

Feeding children can be complicated, and even more so in a world that targets children with food marketing and convenience food. While the way a child eats is not solely in the hands of parents, there are strategies that can help your child build a healthy relationship with food. Stephanie Harshman, PhD, RD, LD, and Meaghan Alexander, MS, RD, LDN, CNSC, of the Center for Feeding and Nutrition at MGHfC, share strategies for feeding children of all ages.

The MGHfC Parenting Series is a collaboration between the Maxwell & Eleanor Blum Patient and Family Learning Center and MassGeneral Hospital for Children.

