

Mass General for Children Parenting Series

All online programs are free and open to Mass General patients, families, staff, and the general public.

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

Please submit questions you may have about these topics before the programs to: PFLC@partners.org so that the speakers may address them during the sessions.

Setting the Stage for Healthy Eating Habits

Monday, September 26, 2022

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/87416633494>

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. Simona Lourekas, RD, CHES, Kelly Millan, RD, and Meaghan Alexander, MS, RD, LDN, CNSC, of the Center for Feeding and Nutrition at MGfC, share strategies for feeding children of all ages.



For more information:

Call (617) 724-7352

or

Email PFLC@partners.org

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

Mass General for Children Parenting Series (continued)

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Preventing Bullying and Protecting Children

Tuesday, October 4, 2022

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/88680689912>

Bullying is an issue that can negatively impact children, teens, and young adults. It is important to recognize bullying and intervene appropriately while also working toward prevention efforts to keep kids safe. In this webinar, Justine Dellaria, LICSW, a social worker on the Child Protection Team at MGfC, will discuss the difference between conflict and bullying, the impact bullying has on youth, and what can protect children from bullying or increase their risk – whether they are the victim of bullying or are bullying others. She will also discuss how to prevent bullying, laws and policies in place around bullying, and how to respond to known or suspected bullying behavior.

The Teen Driver: Updates in the Age of Distraction

Monday, November 14, 2022

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/88006060749>

Motor vehicle crashes continue to be the leading cause of death and injury in adolescents. As new technology emerges, distraction has become an even more prevalent risk factor for crashes. Michael R. Flaherty, DO, attending physician with Pediatric Critical Care Medicine and director of the Injury Free Coalition for Kids at MGfC, presents evidenced-based strategies to keep teen drivers safe. He also shares emerging strategies for parents to help their new drivers.

Mass General for Children Parenting Series (continued)

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Guardianship 101: The Basics

Wednesday, November 16, 2022

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/84924452800>

There is much to learn about decision-making options and protections for a child who has a developmental and/or intellectual disability when they are approaching the transition age of young adulthood or turning 18. The concept and the process of guardianship can be emotional and daunting. Julie O'Brien, MEd, LMHC, a family support clinician at the Lurie Center for Autism at MGfC and Mass General, offers information and guidance about alternative protections; what guardianship is; the different types and paths to guardianship in Massachusetts; and how to prepare. O'Brien will also share resource materials and referrals to legal experts in special needs in Massachusetts.

Please note this program is not intended to be legal advice or council. It is strictly for informational and coaching purposes only.

The MGfC Parenting Series is a collaboration between the Maxwell & Eleanor Blum Patient and Family Learning Center and Mass General for Children.