

Child and youth development:

 Free webinars series



It's common to have questions about child and youth development—from how they grow to how they talk, think, move, and interact with others.

 Healthcare professionals will share information, tips and resources to help you gain knowledge and build confidence.

Alberta Health Services is offering free webinars for parents, caregivers and people working with children and youth. Topics include:

- Toileting
- Emotional regulation
- Tummy time
- Post COVID-19
- Talking
- Sleeping
- Meal time
- Sensory processing



Find a webinar that's right for you, visit
[MyHealth.Alberta.ca/HealthTopics/
Pediatric-Rehabilitation](https://myhealth.alberta.ca/HealthTopics/Pediatric-Rehabilitation)

