

How To Use Movement To Support Your Child's Mental Well-Being

When: Wednesday 15th May 2024 at 1pm

Duration: Approximately 60 minutes



In today's fast-paced world, children face a myriad of challenges that can impact their mental wellbeing. As parents and caregivers, how can we best support them with this? As this is one of the most important questions, our next webinar will be focusing on how to effectively use the power of physical activity to support your child's mental wellbeing and set them on the path of better resilience. This webinar is part of Move-More's efforts to mark the Mental Health Week 2024 which focuses on the theme: "Movement: moving for our mental health" as set by the Mental Health Foundation.

In this session, we will:

- Explore the powerful connection between movement and mental wellbeing in children.
- Discuss how regular exercise and movement can positively impact mood, reduce stress, and promote resilience in children.
- Discover practical strategies for incorporating movement into your child's daily routine.

How do you sign up for the online session?

To register for this online session, please follow this link

www.move-more.org/events/movement-mental-well-being/

It will take you to our website where you will be asked to answer a few simple questions. We would encourage you to register even though you might not be able to attend the session live, as all registered participants will receive a recording of the session to watch in their own time.

I've registered: what happens next?

Once you complete our short registration form, you will be registered for the online session. You will receive a confirmation email that will also include a zoom link for the live session. If you don't receive the confirmation email, please don't hesitate to contact Marijana on marijana@move-more.org.

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