



# Did you know????

- **Lunch and Learn Parenting Seminars** are webcast live
- NIH has over **26 archived** Lunch and Learn Parenting Seminars at your fingertips
- Each archived seminar includes **PowerPoint slides** and **additional resources**
- Covering a **variety of parenting issues/concerns** ranging from birth to teenagers

**Lunch and Learn Parenting Seminars** can be accessed on the **NIH Child Care Program** website: <http://www.ors.od.nih.gov/lunchlearnseminar>



## TOPICS

Life with Your New Baby  
 Health Eating Habits  
 Communication  
 Back to School Strategies

Developmental Milestones  
 Childhood Anxiety  
 Health Habits for Preschoolers  
 Preparing for College

Sleep  
 Parenting Stress  
 Cyber Safety  
 Home Alone



For more information on **Lunch and Learn Parenting Seminars** or for other events being offered, please visit '**Activities and Announcements**' on the DATS website at: <http://www.ors.od.nih.gov/pes/dats>