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Free webinar series offers child and youth development education and tips for parents and caregivers

EDMONTON – Alberta parents and caregivers who have questions about child and youth development are now able to join free Alberta Health Services (AHS) webinars that cover a range of developmental topics for children and youth from birth to 18 years. Topics range from toilet training and tummy time to emotional regulation and speech development, as well as many others.

Children and youth develop at their own pace, but through similar stages, tasks and milestones. Some children may develop differently, which may appear in how they grow, move, communicate, think and learn or behave with others.

Hosted by Pediatric Rehabilitation professionals, the AHS webinar series is designed for all parents and caregivers. It may be especially beneficial for those with children and youth who may be developing differently or have medical conditions that are affecting their development (e.g. Autism Spectrum Disorder, Down Syndrome, Cerebral Palsy, etc.).

Most sessions are live, meaning participants can ask questions during the session. Some sessions are pre-recorded.

Each webinar is free of charge and will focus on a specific developmental skill such as walking, talking, listening and more. Parents and caregivers will build skills and gain confidence by learning practical ways to help children and youth improve their skills while supporting development.

The webinars are open now with dates scheduled up to the end of March 2023, offering more than 10 sessions per topic.

The free webinars are delivered on Zoom and require registration in advance. Information and registration for the free webinars can be accessed [here](#)

Interested participants should have access to a device (computer, tablet, or smartphone) that connects to the Internet and microphone.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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