Parenting in a Pandemic

A Virtual Teams Group – facilitated by Paediatric Occupational Therapy

This group has been developed to offer parents the opportunity to share their parenting experiences together. We aim to discuss the challenges of parenting during the pandemic, to explore ideas & solutions, build confidence in analysing behaviours and to promote and prioritise individual and family wellbeing.



Anxiety, emotional regulation & the Brain

Sensory strategies for learning

Stress & the effects on family life

Self-care & Mindfulness

We will be discussing a variety of topics which could include:

The virtual sessions will run via Teams for 1hr 30mins for a 4week period.

We hope to encourage parent-led topics and support shared participation in a relaxed and informal virtual group setting, with the Paediatric Occupational Therapist on hand to provide additional information & advice.

If you would be interested in attending and would like more information, please complete our Request for Support form available from:

Neath & Port Talbot Children’s Centre: 01639 507351 SBU.OTParentgroup@wales.nhs.uk