

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

# Online Blum Center Programs: MassGeneral Hospital for Children Parenting Series

The Blum Center has moved our programs online using a platform called Zoom. All programs are free and open to MGH staff, patients, and the general public.

Please note the different times for each program.

To attend a specific program, click on the link provided for each one.

**Back to School: How to Keep Your Child Safe(r) During COVID-19**  
Thursday, August 27, 2020  
1:00PM - 2:00PM

Link to attend: <https://partners.zoom.us/j/91944894064>

Vandana Madhavan, MD, MPH, clinical director of the Pediatric Infectious Disease in Pediatric Hospital Medicine and Pediatric Primary Care, and director of the Pediatric Advanced Clerkship at MGHfC, reviews the latest updates on COVID-19 infections in children, as well as multisystem inflammatory syndrome in children (MIS-C), followed by considerations surrounding transmission and infection prevention in schools and within families that have an impact on latest guidelines. There will be plenty of time for questions and answers.

**Setting the Stage for Healthy Eating Habits**  
Friday, October 23, 2020  
12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/98144885698>

Feeding children can be complicated, and even more so in a world that targets children with food marketing and convenience food. While the way a child eats is not solely in the hands of parents, there are strategies that can help your child build a healthy relationship with food. Taylor Le, RD, LDN, CNSC, and Meaghan Alexander, MS, RD, LDN, CNSC, of the Center for Feeding and Nutrition at MGHfC, share strategies for feeding children of all ages.



For more information:

Call (617) 724-7352

or

Email [PFLC@partners.org](mailto:PFLC@partners.org)

The Maxwell & Eleanor Blum  
Patient and Family Learning Center  
White 110



## THE MAXWELL &amp; ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

# MassGeneral Hospital for Children Parenting Series (continued)

**The Family Dinner Project:  
Creating Meaningful Connections Through Conversation**  
**Monday, October 26, 2020**  
**12:00PM - 1:00PM**

**Link to attend:** <https://partners.zoom.us/j/99069712521>

Twenty years of research has shown that family dinners are good for the body, the brain, and the mental health of kids and their parents. As a family therapist and co-founder of The Family Dinner Project, now based at MGH's Psychiatry Academy, Anne Fishel, PhD, of Child and Adolescent Psychiatry at MGHfC, shares how to make the most of family dinners. Learn practical tips about encouraging meaningful conversation, overcoming common obstacles to shared mealtimes, and having fun at the table, especially during the COVID-19 health crisis.

**What Are They Vaping? What You Should Know and What You Can Do**  
**Thursday, November 5, 2020**  
**12:00PM - 1:00PM**

**Link to attend:** <https://partners.zoom.us/j/93683087191>

In recent years, vaping has become the new form of smoking. In this upcoming talk, learn the basics on the dangers of vaping, the intersection between vaping and marijuana, and the most current updates on COVID-19 and vaping. This talk is presented by Jonina Gorenstein, JD, Catherine Saes Moreira, and Susan Giarratani of the Living Tobacco-Free Program at MGH/MGHfC's Center for Community Health Improvement.

**Time to Turn the Obstacles into Opportunities for Management of Pediatric Obesity**  
**Monday, November 9, 2020**  
**12:00PM - 1:00PM**

**Link to attend:** <https://partners.zoom.us/j/94632549217>

Managing obesity in children, teens, and adults comes with many challenges for not only the children and youth, but also for families and caregivers. Vibha Singhal, MBBS, director of the Pediatric Program in the MGH Weight Center and provider in the Pediatric Endocrinology and Diabetes Center at MGHfC, shares insights and opportunities in the treatment of pediatric obesity.



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# MassGeneral Hospital for Children Parenting Series (continued)

**Managing Challenging Behavior During Challenging Times****Monday, December 7, 2020****12:00PM - 1:00PM****Link to attend:** <https://partners.zoom.us/j/91860304470>

Struggling to manage your child's behavior? The chronic stress and isolation caused by the COVID-19 pandemic has led to an increase in challenging behavior for many kids. J. Stuart Ablon, PhD, director of the ThinkKids Program at MassGeneral Hospital for Children, shares a proven approach to reducing conflict and repairing relationships that is more important than ever during this pandemic.

**Parenting a Child with a Chronic Illness: Promoting Emotional Wellness****Wednesday, December 9, 2020****12:00PM - 1:00PM****Link to attend:** <https://partners.zoom.us/j/93984838048>

Parenting is always a balancing act and raising a child with a chronic illness poses extra challenges. Anna Georgioplous, MD, of the Cystic Fibrosis Program and Child and Adolescent Psychiatry at MGHfC, shares ways to prevent, recognize, and manage emotional distress that can improve the health of the entire family.

**The MGHfC Parenting Series is a collaboration between the Maxwell & Eleanor Blum Patient and Family Learning Center and MassGeneral Hospital for Children.**

