A free live webinar hosted by Neuly for parents and carers

From Busy Gatherings to Bedtime: Supporting Your Child Through the Festive Season



Delivered by Dr Barney Gilbert, Child and Adolescent Psychiatrist

Thursday 19 November **8pm to 9pm**

The festive season brings changes to routine, busy social plans and new sensory demands. These can feel particularly challenging for neurodivergent children and young people, and for the parents supporting them. Through answering your pre-submitted questions, Dr Gilbert will share insights and practical strategies to help you support your child this season and beyond.

What we'll cover:

- Understanding what the build-up to festive events and changes to routine can mean for your child
- Preparing your child for transitions, from term time to the school holidays
- Responding to sensory needs and navigating social expectations at performances, gatherings and meals
- Protecting sleep when late evenings and busy days disrupt bedtime routines
- Recognising early signs of overwhelm and supporting emotional regulation

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