

Bringing Up Great Kids in the First 1000 Days



This handout assists with guidelines for attending this online workshop, please read below.

Housekeeping

- Breaks - There will be a 10 minute break every hour
- Use of mute and unmute - please use mute throughout the webinar and only unmute when asked to by the facilitator
- Online chat - we will use the chat feature for most discussions, making comments and asking questions
- You already know about  and  !
- Let's be aware of and accept that technology isn't always working perfectly (If the internet becomes unstable or drops out please just re-join – we never know what might happen when using technology so please be patient and understanding)

Group rules

- Use headphones (for better sound and privacy)
- Taking turns online (be courteous)
- Nurture yourself and take advantage of the breaks
- Recording of the webinar is **NOT** allowed
- Remember Confidentiality and Privacy – what is 'discussed in the room stays in the room'
- Attend the group with maximum concentration so that you get the most out of this brief time together
- Rules about the chat – we will try to respond to chat frequently throughout the webinar
- If you need to leave the group, please let the facilitator know
- When sharing, be aware if there are children around