







## Online courses available for parents FREE for North Yorkshire families and carers

1. Understanding pregnancy, labour, birth and your baby

Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

## 2. Understanding your baby

Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

3a. Understanding your child (0-19 yrs) (main course) or 3b. Understanding your child with additional needs

Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

**4. Understanding your teenager's brain (short course)** Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

solihull.approach@heartofengland.nhs.uk (+44) 0121 296 4448

www.inourplace.co.uk www.solihullapproachparenting.com





The Solihull Approach was Developed by Psychologists, Psychotherapists, Health Visitors & NHS and Education Professionals





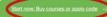


e place to unearth all your potential as a parent or carer

earn, understand. Fascinating online courses for everyone who wants to be even better mum, dad, grandparent or carer.

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