

Dear Parent/Carers,

Stoke-on-Trent Family Hubs are excited to announce the launch of FREE online parenting courses available at www.inourplace.co.uk



This means your parents can access a range of online support to better understand children's emotional health, brain development and wellbeing.

- Courses are available to support parents from pregnancy to young adulthood.
- They are available in 108 languages and have audio support so that they can be accessed by parents that may not be able to access face to face courses.
- The courses are modular, with videos, simple exercises and advice, there is also an in-built notepad so that parents can copy and paste the information that they have found to be most useful to access later.
- They can be completed over a period of time and once a parent has signed up to the in your place site, they can access all of the learning on the site free, for life.

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace NHS

Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents

www.inourplace.co.uk

Residents of STOKE-ON-TRENT



In paid partnership with:

Use Access Code
OATCAKE

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace NHS

Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

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Understanding your child with additional needs

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

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inourplace NHS

Understanding your relationships

Free online course to follow in your own time to help understand your relationships and your mental health.

- Understanding your emotions in your relationships
- Communicating feelings and expressing yourself
- Reading others behaviours and different communication styles
- Managing conflict, self-regulation and anger

Designed by expert psychologists in partnership with people

www.inourplace.co.uk

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