

## 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.



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

[solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk)  
(+44) 0121 296 4448

[www.inourplace.co.uk](http://www.inourplace.co.uk) [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)