



Solihull Approach

University of
Birmingham
Hospitals Trust

www.inourplace.co.uk



WEBSITE

www.inourplace.co.uk

ACCESS CODE

PARENTSROCK

CONTACT

For technical
support contact
0121 296 4448
Mon-Fri 9am-5pm

Dear Parents and Carers,

We're writing to encourage you to take advantage of these great online resources for every parent.

In your area, they are completely **free** thanks to Worcester Starting Well Partnership who have PRE-PAID for every parent and carer in Worcester.

Online courses. 24/7 learning opportunities

A way of thinking about your child

Learn how to:

- Observe
- Understand
- Respond

We provide the framework, you decide what's best for you and your family

- *Not* a how to guide
- *Not* a list of do's and don'ts
- *Not* advice
- *Not* opinion

Based on research about children's emotional needs and behaviour. Written by CAMHS experts; Clinical Psychologists and Psychotherapists; Health Visitors & Educators. Evidence-based. Trusted by professionals.

- 'Understanding your **pregnancy, birth, labour and your baby**'
- 'Understanding your **baby**'
- 'Understanding your **child**' (0-19+ yrs, main course)
- 'Understanding your **child with additional needs**' (0-19+ yrs, main course)
- 'Understanding your **child's feelings**' (taster course)
- 'Understanding your **teenager's brain**' (short course)
- 'Understanding your **brain (for teenagers only!)**'
- 'Understanding your **child's mental health and wellbeing**' (accompanies UYC and UYCAD)

For **EVERYONE**, we *all* need a bit of headspace and thinking time occasionally.

From us all with love

The Solihull Approach team

apply the access code for life time access!



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH



NHS



ISN'T IT SPOOKY...

....HOW QUICKLY THEY GROW?

...HOW LITTLE SLEEP YOU
CAN ACTUALLY GET BY ON?

...HOW WELL YOU KNOW YOUR CHILD?

...HOW WELL YOUR CHILD
KNOWS YOU?



online courses for families, for life, including
'UNDERSTANDING YOUR CHILD'

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Happy Halloween!