

It's been an anxious year for many adults, children and young people alike. We know many of you are worried about the impact of the pandemic on your children.

BRAND NEW!! Online course 'Understanding your child's mental health and wellbeing' from the Solihull Approach (NHS).

The graphic features a purple background with a group of diverse children peering over a dark purple banner. At the top left, there are logos for 'UNDERSTANDING YOUR CHILD SOLIHULL APPROACH', 'ourplace', and 'NHS'. A green curved banner at the top right contains the website 'WWW.INOURPLACE.CO.UK'. The main text on the left reads: 'FREE Online course for parents' followed by the title 'UNDERSTANDING YOUR CHILD'S MENTAL HEALTH & WELLBEING' in large, bold letters. Below this, it says 'ONLINE LEARNING (AVAILABLE 24/7)' and 'WORK THROUGH THE CONTENT ANONYMOUSLY AT YOUR OWN PACE'. On the right, a dark purple box contains a checklist: 'COMPLETE PART 1', 'COMPLETE 'UNDERSTANDING YOUR CHILD' OR 'UNDERSTANDING YOUR CHILD WITH ADDITIONAL NEEDS' (SOLD SEPARATELY*)', and 'COMPLETE PART 2'. A large purple arrow points from the checklist towards the left. At the bottom right, a small note states '*PREPAID FOR RESIDENTS ELIGIBLE FOR AN ACCESS CODE'.

Plus.....

NEW Understanding Your Child with Additional Needs – Level 1 and 2

for parents with a child with additional needs. It is for parents, relatives and friends of children who may have a physical or learning disability or who may have autistic traits. In the UK, you may be within the SEND (Special educational needs and disability) system. Some parents describe their child as differently abled, or neurotypical.

This course is in 2 sections. Level 1 lays the foundation for understanding your child. Level 2 looks at some particular aspects of parenting: sleeping and anger management, together with more about how we interact with each other. Understanding this can make it easier to work with your child's behaviour as well as supporting their development. Once you finish Level 1 you can progress to Level 2 if you'd like to. You can print off a certificate at the end of the course as well as one at the end of Level 1.

New SOLIHULL for TEENAGERS to self-register

For teenagers only to register **Understanding your brain**

This short course pairs with the short course for parents **Understanding your teenager's brain**, so that both parents and teenagers have access to the same information.

Access for free:

Did you know Suffolk County Council have PRE-PAID for every parent and carer in Suffolk to access a course for parents/carers (access now for life-long access)? FREE

How do I access?

www.inourplace.co.uk

What's the code?

- If you haven't used it already here is the access code for all the online courses (funded for residents): **WOLSEY**
- If, like many parents, you have already used this code, log into your account [here](#) and this course will be ready in your dashboard to start whenever you are ready.

Can I tell my family and friends?

Absolutely! Share the news with family members and other families in the area so that they too can take advantage of this fantastic opportunity.

How long is it?

'Understanding your child's mental health and wellbeing' itself is in 2 parts (2 modules long in total):

1. Take **Part 1**....
2. ...then take '**Understanding your child**' OR '**Understanding your child with additional needs**' (11 modules each taking 10-15 minutes to complete, benefitting from time to digest in between)....
3. ...then take **Part 2**.

If you like this...

...you might like the other courses ['Understanding your teenager's brain' \(short course\)](#) or ['Understanding your child's feelings' \(taster course\)](#), or other courses in the series. www.inourplace.co.uk