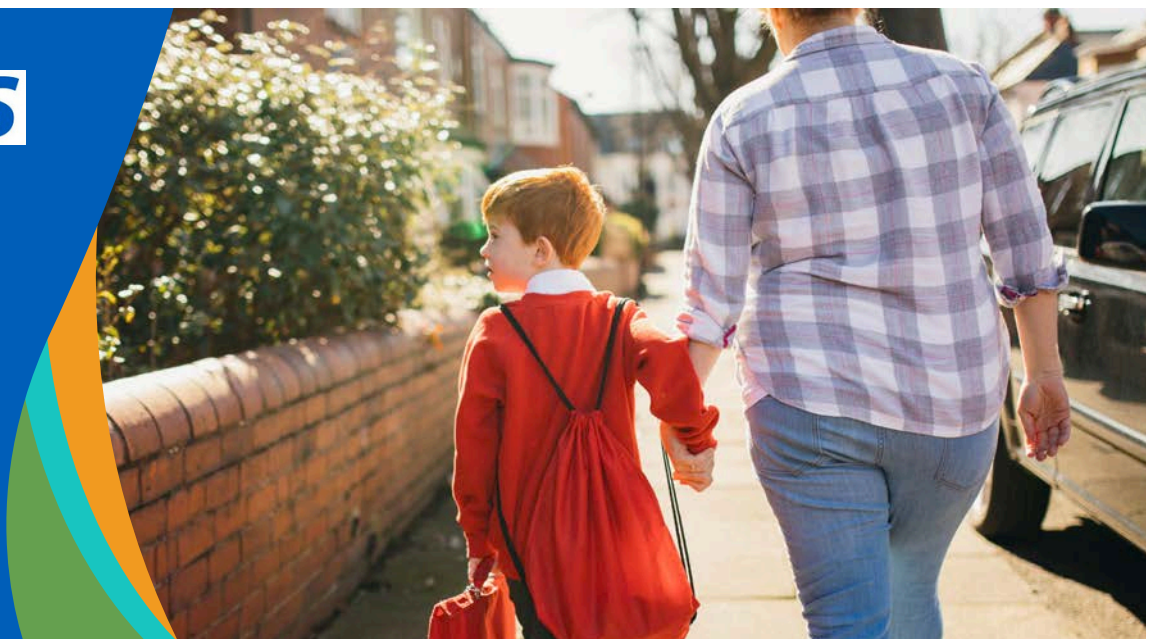


An update on

# WELLBEING FOR SCHOOL PARENTS

From [inourplace.co.uk](https://inourplace.co.uk)

An NHS learning space developed by psychologists



## January 2025

inourplace is funded in your area to provide your family with free access to expert learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children and make sure they thrive.

Here's a quick round up of what we think is great on [inourplace](https://inourplace.co.uk) this month.

### Why so sensitive? Teenage brain changes



#### Understanding your teenager's brain

For parents of teens and pre-teens to understand the major brain development in adolescence and how to keep connected

[\(bitesize e-learning\)](#)

### For teens: Brain changes, big feelings and relationships



#### Understanding your brain (for teenagers only!)

For teens and pre-teens to learn about brain development, why sleeping later is normal and keeping calm is harder

[\(bitesize e-learning\)](#)

## A wellbeing guide a SEND parents

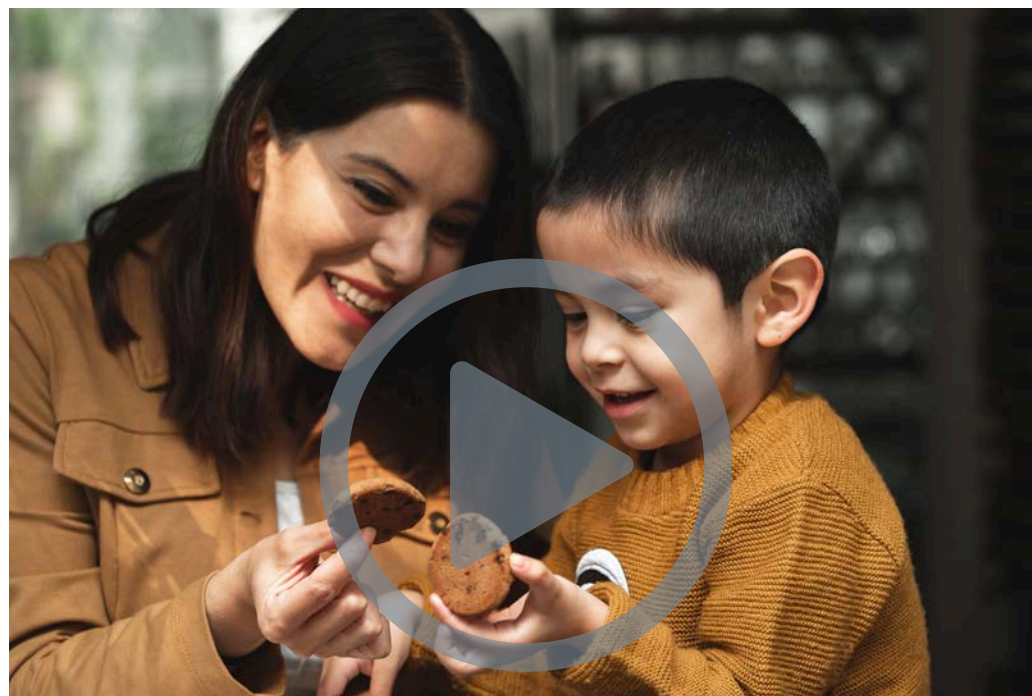


### Understanding your child with additional needs

Your space for thinking about parenting with specialist information for neurodiversity and/or other SEND wellbeing and support for your child

[\(bitesize e-learning\)](#)

## Autism and emotional wellbeing



### What do parents of autistic children need to know about emotional health?

The Psychologist's view

[\(2 minute watch\)](#)

## Confident in your vaccination choices?



### Navigating parental decisions: vaccinations and other health choices



The Health Visitor's advice

[\(5 minute read\)](#)

## Understanding big feelings for small people



### Understanding your child's feelings - a taster

An introduction to emotional wellbeing and how understanding feelings can help nurture confidence, resilience and friendship

[\(short bitesize e-learning\)](#)

# FREE ACCESS

You're receiving this update as your school is based in a free (pre-paid, funded) access area for [inourplace.co.uk](https://www.inourplace.co.uk)

Find the Free Access Checker button in the course library to unlock free online learning that could change your relationship with your child for the better.

Evidence based - Created in the NHS - Private and available anytime, anywhere

Follow the Solihull Approach on social media



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