



# TOGETHERNESS



An update on

## WELLBEING FOR EVERY SCHOOL PARENT

Your NHS learning space created by psychologists

### June 2026

We're delighted to share some helpful resources for parents experiencing all the big emotions of growing children.

**Togetherness** the NHS emotional health digital learning hub funded in your area. Your family has **free access** to expert learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children.

Here's a quick round up of what we think is great on Togetherness to help your children thrive.

#### Transitions and SEND



### Moving up to secondary school for parents of children with additional needs

A digital hub of resources all about 'moving up'. Plus tailored online learning to support parents of children with additional needs to navigate the transition to secondary

[\(digital watch hub and bitesize e-learning\)](#)

#### Time to check back in?



### Understanding your child's mental health and wellbeing

A short learning pathway to help you connect feelings and behaviour with mental health

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

## Baby on the way?



### NHS safe sleep guidance: Understanding your baby

Postnatal learning that includes NHS guidance on safe sleep

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

## Let's talk toileting



### Toilet training and confident toileting with Togetherness

Emotionally aware approaches to understanding and supporting positive toileting throughout childhood

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

## Myth busting parenting



### Why being an imperfect parent works

Clinical Psychologist shares and explains the biggest parenting myths

[\(short video watch\)](#)

## Learn on WhatsApp



### Understanding your child: from toddler to teenager

**Coming soon:** Watch out for the new WhatsApp icon for your learning in June: An even easier way to access learning about child development and emotional health from NHS experts

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

**FREE ACCESS**

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

Find the [Free Access Checker](#) in the pathway library to unlock free online learning that could change your relationship with your child for the better.

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

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