



# TOGETHERNESS



An update on

## WELLBEING FOR EVERY SCHOOL PARENT

Your NHS learning space created by psychologists

### February 2026

This Spring Term, 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.

#### Here for big feelings



### Understanding your child's feelings

Our taster online learning journey to support you to understand your child's feelings as they head back to the classroom

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

#### Three key questions



### How can I support my child with anxiety?

The Clinical Psychologist and Child Psychotherapist's advice

[\(3 minute read\)](#)

## Teenage brain and exams



### What happens to the teenage brain during exam time?

Clinical psychologist, Dr Rebecca Johnson, explains how teenage brain development can impact exam stress – helpful for teens taking mock exams

[\(4 minute watch\)](#)

## Healthy sleep habits



### How to support bedtime routines

Health Visitor, Mary Rheeston, explains how bedtime routines can support your child's emotional and physical health

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

## Raising kind kids



### Understanding your child: from toddler to teenager

Online learning journey to support your parenting and help nurture your child's emotional health anytime, anywhere

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

## Anxiety: all feelings welcome



### Understanding anxiety

A digital hub of resources to support parents to understand feelings of anxiety in children and young people

[\(easy reads and watch digital hub\)](#)

## 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://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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[www.togetherness.co.uk](https://www.togetherness.co.uk)

0121 296 4448

[togetherness@uhb.nhs.uk](mailto:togetherness@uhb.nhs.uk)