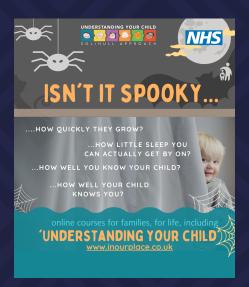


Solihull Approach

University of Birmingham Hospitals Trust

www.inourplace.co.uk



WEBSITE

www.inourplace.co.uk

ACCESS CODE

**SUNFLOWER** 

## 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 Tameside Metropolitan Borough Council who have PRE-PAID for every parent and carer in Tameside.

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!









....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'

www.inourplace.co.uk

Happy Halloween.