

THE SOLIHULL APPROACH



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace  NHS

Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents

www.inourplace.co.uk

Residents of CHESHIRE EAST

In paid partnership with:



Use Access Code
WHEATSHEAF

The Solihull Approach is a not-for-profit, NHS organisation for parents to support emotional health and well-being in children, families, and adults. The sound and well-researched ideas developed by a team of clinical psychologists and a range of other professionals that underpin the Approach are embedded in every aspect of training. Designed to support parents at every stage of their journey, from pregnancy to adolescence, these courses empower parents to better understand their child's brain development, decode their behaviours, and develop nurturing relationships, all aimed at fostering kindness, confidence, and emotional awareness in children who thrive throughout their lives.

Knutsford Academy recognises the importance of nurturing emotionally resilient and socially aware children within its community.

Key highlights of the Inourplace online courses include:

- **Understanding your child's emotional health and brain development:** Parents will gain insights into the science behind their child's brain development, helping them make informed decisions that support healthy cognitive growth.
- **Reading your child's behaviours:** These courses will provide parents with tools to interpret and respond effectively to their child's behaviours, fostering positive interactions and reducing stress for both parents and children.

- **Developing communication:** Parents will learn strategies for open and effective communication that will strengthen the parent-child bond and promote emotional well-being.

To access the free courses please click on :

[inourplace | Solihull Approach | Online courses](#)

And then use the following password :

- Cheshire East Residents : WHEATSHEAF
- Trafford Residents : WATERPARK