



Understanding Your Child

We are delighted to announce that staff and parents can now access an innovative ONLINE course about children, worth £39, completely **free of charge**. Understanding Your Child is put together by the Solihull Approach, an accredited, evidence based approach established 20 years ago by psychologists, health visitors and other health professionals.

The course usually costs £39 per person. However using the coupon code listed below you can access them at www.ourplace/learn.co.uk where you can register for your own account and revisit the course indefinitely without paying a penny.

Guide title	Code (for free access)
1. Understanding Pregnancy, Labour, Birth and Your Baby - Antenatal	QNTENAT2LWCS
2. Understanding Your Baby - Postnatal	POSTNRTFLWCS
3. Understanding Your Child - 0-18 years	SOLIHULLKPPROVWHWCS

Understanding Your Child is for parents, carers, and professionals caring for children aged 0-18 years. It looks at brain development, play, styles of parenting, sleep, temper tantrums, communication and more and is based on the nationally and internationally acclaimed face to face course offered by the Solihull Approach.



“This has been a really valuable experience that in a way will impact on many aspects of my life”

“This course has been an absolutely invaluable gift to me. It has and will change so many aspects of my life. I am undoubtedly a better parent and more rounded and fulfilled person as a result. Some literally been like ‘Eureka’ moments to me! I WISH I’d years ago”



aspects have known all this

“The Solihull Approach course I did made it clear parents don’t need lessons: daily life throws us enough of those. What we need is the space to step back and observe our children. We need some structured guidance to help us reflect on all the factors that make them behave the way they do; some developmental, some circumstantial.”

“I have found the online course very useful. Now, I take time to think more during difficult situations and during arguments with my kids.”



Understanding Your Child

Worcestershire parents, carers and grandparents can now access innovative ONLINE guides about children aged from 0-18 years. Worcestershire County Council have invested in a multi-user licence for 3 award winning, quality marked, evidence based online courses by the Solihull Approach (a national NHS organisation) and we are therefore delighted to offer you **FREE** access to the courses, normally £19-£39 per person.

Understanding Your Child was established 20 years ago by psychologists, health visitors and other health professionals. It looks at brain development, play, styles of parenting, sleep, temper tantrums, communication and more and is based on the nationally and internationally acclaimed face to face course offered by the Solihull Approach.

There are 9-11 modules each taking around 20 minutes (the main screens have optional audio voice-overs) as well as interactive activities, quizzes, video clips and practical hand-outs.

1

Understanding Pregnancy, Labour, Birth and Your Baby - Antenatal Online Guide

The guide covers:

- Relaxing & breathing
- Getting to know your baby in the womb
- You, your baby and the stages of labour
- Birth positions
- Feeding your baby
- Fathers and babies
- After your baby is born

2

Understanding Your Baby - Postnatal Online Guide

The guide covers:

- Understanding feelings: both yours and your baby's
- Understanding your baby's brain
- Understanding and responding to crying
- Your baby's rhythms, sleep patterns, & feeding
- Fathers and babies
- Babies development and play
- Thinking about childcare

3

Understanding Your Child (for parents of children aged 6 months - 18 years)

The guide covers:

- Responding to how your child is feeling
- How your child develops
- Different styles of parenting
- How your child communicates
- Understanding your child's behaviour
- Sleep, Self-regulation and anger

To access these online guides visit
www.worcestershire.gov.uk/parentguides

