

## Solihull FREE Parenting Courses

The Solihull Approach courses are available to all families living in North Yorkshire. All you need is a North Yorkshire postcode to benefit. Go to [www.inourplace.co.uk](http://www.inourplace.co.uk) and use the code NYFAMILIES to access the courses. There are lots of different courses for parents of children of all ages.



The banner features the Solihull Approach logo at the top left, which includes the text 'UNDERSTANDING YOUR CHILD' and 'SOLIHULL APPROACH' above a row of colorful icons. To the right is the 'ourplace' logo with a stylized figure. The main text reads 'Welcome to Our Place' in a large, light blue font. Below this, there is a paragraph: 'Our place to unearth all your potential as a parent or carer. Learn, understand. Fascinating online courses for everyone who wants to be an even better mum, dad, grandparent or carer. Suitable for children up to 18 years, lifetime access, one off payment, prices start from £19.95'. There are three green buttons: 'List of courses', 'Sign in', and 'Need help or account? Sign in'. A red circle highlights the 'Sign in' button. On the right, a large yellow circle contains the text: 'Access Code: NYFAMILIES', 'Go to [www.inourplace.co.uk](http://www.inourplace.co.uk)', 'Apply the 'access code' for FREE access! Fill in some details to create an account. To return to the course(s) go to [www.inourplace.co.uk](http://www.inourplace.co.uk) and sign in!', and 'For technical support contact [solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk) or 0121 296 4448 Mon-Fri 9am-5pm'. At the bottom left are social media icons for Facebook and Twitter, with the text 'SolihullApproach' and '@SolihullApproach (NR: 1.9k)' respectively.

## Online courses available for parents FREE for North Yorkshire families and carers

### 1. Understanding pregnancy, labour, birth and your baby

Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

### 2. Understanding your baby

Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

### 3a. Understanding your child (0-19 yrs) (main course) or

### 3b. Understanding your child with additional needs

Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

### 4. Understanding your teenager's brain (short course)

Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.



The Solihull Approach was  
Developed by Psychologists,  
Psychotherapists, Health Visitors  
& NHS and Education Professionals

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[www.inourplace.co.uk](http://www.inourplace.co.uk) [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)