



Do you live in Scotland? FREE online courses for all residents



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.



Understanding Your Baby

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

Understanding Your Child (0-19 yrs)

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

Understanding Your Teenagers' 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.



solihull.approach@heartofengland.nhs.uk
(+44) 0121 296 4448



www.solihullapproachparenting.com www.inourplace.co.uk

Written by Psychologists,
Psychotherapists, Health Visitors
& NHS and Education Professionals
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