

December 2024

Did you know you can access free learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children and make sure they thrive?

Here's a quick round up of what we think is great on **Inourplace** this month.

All feelings welcome





Why is it important to name feelings?

By Clinical Psychologist, Dr Hazel Douglas MBE.





Five common sleep issues for babies and young children

Understanding emotional health is the first step to wellbeing. This video introduces a short course on understanding your child's feelings

(easy reads and watch digital hub)

(2 minute watch)

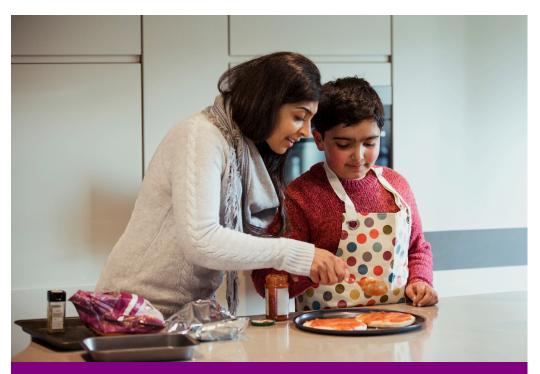
What are the early signs of an eating disorder?



Eating disorder awareness for parents



A wellbeing guide for SEND parents



Understanding your child with additional needs

The Psychologist's view

Your parenting guide for neurodiversity or other SEND considerations

(5 minute read)

(bitesize e-learning)

Process trauma with resilience

Learn why your kids act the way they do





Understanding your	
own trauma	

Understanding your child: from toddler to teenager

Private learning to confidently move on from traumatic experiences

Online course empowering your parenting anytime, anywhere

(bitesize e-learning)

(bitesize e-learning)

FREE ACCESS

You're receiving this update as your school is based in a free (funded) access area for **inourplace.co.uk**

Find the Free Access Checker button in the course library to unlock free online learning that could change your relationship with your child for the better.

Evidence based - Created in the NHS - Private and available anytime, anywhere

Follow the Solihull Approach on social media





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