

I wanted to let you know that there are some new free online parenting courses offered to all parents, grandparents and carers living in Cornwall, the Isles of Scilly, Devon, Plymouth and Torbay.

The Solihull Approach was developed by psychologists, psychotherapists, health visitors and NHS and education professionals to support emotional health and well-being in the early years and up to adulthood through training.

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/childrens-community-health/free-online-parenting-courses-the-solihull-approach/>

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 years

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

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.

How to access the courses

Visit www.inourplace.co.uk

Click on 'Start Now' and add the access code 'TAMAR' for free access

Fill in some details to create an account

For technical support, please

contact solihull.approach@heartofengland.nhs.uk or telephone 0121 296 4448

Monday to Friday 9am-5pm.