

Template for newsletter, texts, etc.

We are delighted to announce that staff and parents can now access innovative ONLINE courses about children (from antenatal to 19 years), worth £88, completely **free of charge**. The 'Understanding Your...' series are put together by the Solihull Approach (part of University Hospitals Birmingham NHS Foundation trust), an accredited, evidence based approach established in the mid-late 90s by psychologists, health visitors and other health professionals.

Simply go to www.ourplace.co.uk and apply the access code:

SAMPLECODEX You will register for your own account so that you can revisit the course(s) indefinitely without paying a penny.



- **Understanding Your Child (0-19 years, MAIN course)** is for parents, carers, and professionals caring for children aged 0-19 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.
- **Understanding your teenager's brain (SHORT course)** is for anyone interested in understanding young people from year 6 onwards. Find out what happens to the brain as a child hits adolescence in this SHORT course. See how this explains some of the changes in the behaviour that you may have noticed.
- **Understanding your brain (for teenagers only!)** For teens themselves. Find out what's happening in your brain! Your brain changes as you hit adolescence. Going to sleep later? See how the changes in your brain explain some of the changes in your behaviour

Also available

- **Understanding your baby**
- **Understanding pregnancy, labour, birth and your baby**
- **Understanding your child's feelings (TASTER course)**

There are 9-11 modules each taking around 10-20 minutes (the main screens have optional audio voice-overs) as well as interactive activities, quizzes, video clips and practical hand-outs.

There are professional translations and Google Translate for additional languages.



"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 aspects have literally been like 'Eureka' moments to me! I WISH I'd known all this years ago"

"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."

"It doesn't work all the time but bit by bit, we are working towards a less confrontational household!"



'You have to say it, say it again, say it again, and again, and again – and just about the time you are sick of saying it, your audience is hearing it for the first time.'

- “You don't actually realise what is going on in your **child's** brain, this course helped, every parent should do this, i wish i'd done it sooner!”
 - “Enlightening!”
- “It rings so true, my daughter is exactly like everything it says. Glad it's not just me that has these issues”
- “Well presented information, with enough biology/explanation to fully understand the changes that are taking place - also good/helpful suggestions of how to accommodate the teen years - thank you”
 - “Brilliant course! Thanks”
 - “About the right amount of information and well presented in short chunks”
 - “Very insightful”
 - “Very easy to navigate and understand”
- “It was better to read short bits than have to concentrate on long passages, kept me interested. The quizzes ensured I retained the information”
 - “I learned a lot”
- “Really enjoyed this course! Best £39 I've ever spent!” (parent outside a licensed area)

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