

Hi,

Did you know? North Yorkshire County Council have invested in online courses for parents (and teenagers).

These FREE* courses can help support the Mental Health and well-being of children and young people, and of parents.

UNDERSTANDING YOUR CHILD
SOLIHMUL APPROACH

NHS

Transformed the way I respond to the kids

Every parent could benefit from this course!

Reassured me I'm already taking the right approach!

NEW TERM
NEW START
NEW LEARNING
FOR PARENTS TOO!

online courses available 24/7
prepaid access for residents in eligible areas

WWW.INOURPLACE.CO.UK

- Understanding your pregnancy, birth, labour and your baby
- Understanding your baby
- Understanding your child (main course)
- Understanding your child with additional needs (main course)
- Understanding your child's feelings (taster course)
- Understanding your child's brain (short course)
- Understanding your brain (for teenagers only!)
- Understanding your child's mental health and wellbeing (accompanies UYC and UYCAD)

Thanks for your help in raising awareness of this great offer!

*Free to residents of North Yorkshire

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

NHS

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Hello,

Did you know North Yorkshire County Council have PRE-PAID for every parent and carer in North Yorkshire to access a range of courses for parents/carers (access now for life-long access)?

There are courses for parents, carers and grandparents about children from bump to 19+ years, from the [Solihull Approach](#) (NHS).

➤ www.inourplace.co.uk

➤ Access code: **NYFAMILIES**

- Understanding your pregnancy, birth, labour and your baby
- Understanding your baby

- Understanding your child (0-19+ yrs, main course)
- Understanding your child with additional needs (0-19+ yrs, main course)
- Understanding your child's feelings (taster course)
- Understanding your child's brain (short course)
- 'Understanding your brain (for teenagers only!)
- Understanding your child's mental health and wellbeing (accompanies UYC and UYCAD)

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