

Liverpool Solihull Parenting News

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

Solihull offer a range of free online parenting courses which support parents and carers in all aspects of parenting.

These courses are designed to help you understand your child's feelings, as well as focus on your own feelings, as you go through life as a family.

You will also learn to understand the changes in your child's development and how to make the most out of each relationship.

The courses – they are for everyone, for everyday parenting. They don't tell you how to parent, that's up to you. Instead, they give you a framework for understanding what might be going on and space to think about how you want to respond.

For ALL parents, carers, grandparents and teens. We all need a bit of headspace and thinking time occasionally.

From bump to 19+ years. Including adult relationships.



Want to read our online courses in your first language?



Some of our online courses are professionally translated and you can choose one if your language is there. If your

language isn't there, our latest addition uses the available technology to give you an automatic translation.

View the courses in 108 languages!

For technical support, contact: solihull.approach@uhb.nhs.uk or 0121 296 4448 Mon-Fri 9am–5pm

Choose the English version of an online course at

www.inourplace.co.uk

Click on the Google Translate box and select your language

Please use an internet browser (the thing you use to access the internet) that supports the Google Translate 'widget',

such as Microsoft Edge, Google Chrome, Ecosia or Firefox (*unfortunately this does not include Internet Explorer*).

(This is not a professional translation, so we take no responsibility for the quality of the translation!)

Some direct links to courses are here below:

- [Bulgarian: 3. Как да разбирате детето си \(Understanding your child\) \(0-19 Years\) \(Main course\)](#)
- [Modern Standard Arabic: 3. فهم أطفالكم \(Understanding your child\) \(0-19 years\) \(Main course\)](#)
- [Polish: 3. Zrozumieć swoje dziecko \(Understanding your child\) \(0-19 years\) \(Main course\)](#)
- [Simplified Chinese: 3. 认识您的孩子 \(Understanding your child\) \(0-19 years\) \(Main course\)](#)
- [Somali: 3. Fahanka ilmahaaga \(Understanding your child\) \(0-19 years\) \(Main course\)](#)

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- [Urdu: 1. حمل، درد زہ، پیدائش اور آب کے بچے کی تفہیم \(Understanding pregnancy, labour, birth and your baby\) \(Antenatal\)](#)
- [Urdu: 2. بچے کو سمجھنا \(Understanding your baby\) \(Postnatal\)](#)
- [Urdu: 3. بچے کو سمجھنا \(Understanding your child\) \(0-19 years\) \(Main course\)](#)
- [Urdu: 4. بچے کے دماغ کو سمجھنا \(Understanding your teenager's brain\) \(Short course\)](#)

And more, as available.



Translation available on all courses using Google Translate widget.

Two Brand New Courses Just Released!

[Understanding the impact of the pandemic on your child.](#)

Understanding the impact of the pandemic on your teenager

[Understanding the impact of the pandemic on your teenager](#)

These courses are bitesize, focussed programmes, typically taking just thirty minutes to follow and it is hoped that they will support lots of families across Liverpool with young and older children.

The courses will help parents/carers to reflect on how their children's social experiences, learning, and other developments might have been affected.

UNDERSTANDING YOUR CHILD
SOLI MUL APPROACH

inourplace

NHS

'Understanding the impact of the pandemic on your child'

An online course for parents, carers and grandparents

- ✓ Short, 30-minute course, follow in your own time
- ✓ Completely free
- ✓ Easy to understand and follow
- ✓ Reflective, relationship focussed learning

Find out more at www.inourplace.co.uk



<https://sway.office.com/VOdnlzt6OTEwcfJ#content=ZXj5n6OUkNlu5z>

Courses for Expectant and New Parents and Carers

Courses Available

- [1a. Understanding pregnancy, labour, birth and your baby \(Antenatal\)](#)
- [1b. Understanding pregnancy, labour, birth and your baby: for women couples \(Antenatal\)](#)
- [2. Understanding your baby \(Postnatal\)](#)





The Main Solihull Courses

- [3a. Understanding your child \(0-19 years\) \(Main course\)](#)
- [3b. Understanding your child with additional needs \(0-19 years\) \(Main course\)](#)
- [4. Understanding your teenager's brain \(Short course\)](#)



Courses For Teenagers To Do Themselves...

- [5. Understanding your brain \(for teenagers only!\) \(Short course\)](#)
- [6. Understanding your feelings \(for teenagers only!\) \(Short course\)](#)



Courses To Help With Understanding Your Child's Emotions and Mental Health

- [7. Understanding your child's feelings \(A taster course\)](#)
- [8. Understanding your child's mental health and wellbeing \(Accompanies 3a. and/or 3b.\)](#)



Help With Adult Relationships

- [9. Understanding your relationships](#)

This course is for anyone who is in a relationship. You may want to celebrate it, you may want to give it a bit of an MOT or you may feel your relationship is in need of some attention. Maybe you feel you are drifting, or perhaps things have been difficult lately. You're looking for a way forward.

Relationships can be difficult, complicated, fun, satisfying, exciting, annoying, bring out the best in us, bring out the worst in us. We are often in one, but we don't often spend much time on them. So here's the chance!

This course covers:

Our feelings

Understanding how the other person is feeling

Reading behaviours

Responding

Communicating feelings

The rhythm of interaction

Self-regulation and anger

Coping with anger

What we learned from our parents

Rupture and repair

How Do I Access a FREE Course?



Its really easy just go to the website www.inourplace.org.uk and choose your course and chosen Language, you will not have to pay for any courses you wish to do. All you have to do is type in the FREE ACCESS CODE....for Liverpool this is

Purplebin.

You will then be able to access your course. Or you can scan the QR code below. Courses are now available to compete on the Solihull mobile App so you can complete at your own pace in your own time!



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SOLIHULL APPROACH

inourplace  NHS

ONLINE COURSES FOR ALL

NEW Enhanced Mobile Experience

Brighten your daily mood with an online course that can be taken at your own pace.

inourplace.co.uk



For any Further queries regarding any of the Solihull courses please contact Lisa Lunt.

Liverpool's Parenting Co Ordinator on the link below

[parenting Liverpool](#)