

To all parents, grandparents and carers,

- We believe parents are their children's first and most important educators.
- We are committed to developing a strong **relationship between parents and school**.
- We also encourage children to develop 'growth mind-sets', so children believe that ability and success are not pre-determined, but due to learning.

We are therefore delighted to give a growth and learning opportunity to you as parents and carers as well!

Liverpool City Council have invested in a multi-user licence for 4 award winning, quality marked, evidence based online courses by the Solihull Approach (a national NHS organisation).

**We are therefore delighted to offer you FREE access to these online courses, normally £9-£39 per person.**

Please take advantage of this fantastic resource while you can.

These courses are for **ALL parents-to-be, parents, grandparents or carers of** any child from antenatally upto age 18 years who want to be the best they can be. You don't need to be struggling. This course is relevant to parents of all children, including those with special needs, autism, ADHD etc.

Go to [www.inourplace.co.uk](http://www.inourplace.co.uk)

Enter the ACCESS CODE: **PURPLE BIN**

- [Understanding your baby](#)
- [Understanding your pregnancy, labour, birth and your baby](#)
- [Understanding your child \(0-19 years, main course\)](#)
- [Understanding your teenager's brain \(short course\)](#)

You will be asked a few questions and your postcode to confirm that you are eligible to use these codes. Your responses will **not** be linked to your name. You will also be asked to create an account so that you can revisit the course anytime, on any device and resume where you left off.

You will not receive any marketing emails. Your details will not be passed on to any third party, not even the council or the school.

We welcome your feedback.

For further information about the course visit [www.inourplace.co.uk](http://www.inourplace.co.uk)

For technical support email [solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk) or ring 0121 296 4448 Mon-Fri 9am-5pm

**'Understanding your child' course content (11 modules):**

**Each module takes 15-20 mins each, take a few days break in between modules.**

## **How your child develops**

Introduction to how the course works, lots of great information about what is going on inside your child's brain and how this affects their behaviour.

## **Understanding how your child is feeling**

Exploring the signs and signals that tell you how your child is feeling.

## **Tuning into what your child needs**

Tuning into what your child needs

## **Responding to how your child is feeling**

Responding to how your child is feeling

## **Different styles of Parenting**

Different styles of Parenting

## **Having fun together**

Having fun together

## **Rhythm of interaction**

In this session we're going to look at what's called the Dance of Reciprocity, the way that we communicate with each other and our children. We are going to think about what this teaches us about managing feelings and behaviour.

## **Why sleep is important?**

In this session we're going to explore how sleep is directly linked to your child's healthy development as well as to their mental and physical wellbeing. We are also going to explore the link between reciprocity and everyday behaviours such as sleep.

## **Self Regulation and Anger**

In this session we're going to continue looking at self-regulation and think about the way in which our understanding of the Dance of Reciprocity affects self-regulation

## **Communication and tuning in**

In this session we're going to look at how the way we communicate shapes and reflects the relationship between parent and child. Because the ways we communicate are not always perfect and we're not always in tune with our children, we're going to explore how to make things better.

## **Looking back and looking forward**

This session will be a little different as it's the last one. We're going to draw the course to a close, reflect on containment and reciprocity, and summarise what has been going on over the last 10 modules.

[www.inourplace.co.uk](http://www.inourplace.co.uk)

Enjoy the course and give us your feedback!