



Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents



Residents of CHESHIRE EAST



Use Access Code
WHEATSHEAF

Cheshire East Family Hubs is excited to announce the official launch of its recent partnership with the Solihull Approach; trusted NHS provider of online courses focused on children's emotional health and wellbeing. Through this collaboration, Cheshire East Family Hubs funds a multi-user license, enabling all residents within the council's area to access a comprehensive range of online courses on www.inourplace.co.uk at no cost.

Cheshire East Family Hubs recognises the importance of nurturing emotionally resilient and socially aware children within its community.

Key highlights of the Inourplace online courses include:

- **Understanding your child's emotional health and brain development:** Parents will gain insights into the science behind their child's brain development, helping them make informed decisions that support healthy cognitive growth.
- **Reading your child's behaviours:** These courses will provide parents with tools to interpret and respond effectively to their child's behaviours, fostering positive interactions and reducing stress for both parents and children.
- **Developing communication:** Parents will learn strategies for open and effective communication that will strengthen the parent-child bond and promote emotional well-being.

To access the courses, Cheshire East residents can visit www.inourplace.co.uk and follow the simple registration process inputting the access code WHEATSHEAF. Online courses are designed to be accessed anytime, anywhere and are completely private and personal to you.

The video below provide more information about the courses.

[All about the Solihull Approach and its training in emotional health and wellbeing for children \(youtube.com\)](https://www.youtube.com/watch?v=...)

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