



# 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



www.inourplace.co.uk

Residents of CHESHIRE EAST

In paid partnership with:



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](http://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](http://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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