

THREE **FREE** GUIDES ON OFFER

ALL WARWICKSHIRE PARENTS, PARENTS-TO-BE, AND CARERS
WILL HAVE **FREE** ACCESS TO THE FOLLOWING ONLINE GUIDES:



**Understanding Your
Pregnancy**
(9 modules)



**Understanding Your
Baby**
(9 modules)



**Understanding Your
Child**
(11 modules)



UNDERSTANDING YOUR CHILD – ONLINE COURSE

- Module 1** **How your child develops**
- Module 2** **Understanding how your child is feeling**
- Module 3** **Tuning into what your child needs**
- Module 4** **Responding to how your child is feeling**
- Module 5** **Different styles of parenting**
- Module 6** **Having fun together**
- Module 7** **The rhythm of interaction**
- Module 8** **Why is sleep important?**
- Module 9** **Self-regulation and anger**
- Module 10** **Communication and tuning in**
- Module 11** **Looking back and looking forwards**

Online course for parents of children aged 6 months to 18 years. The first online course for parents to be awarded the Government's CANparent Quality Mark.

Developed by the Solihull Approach team; health professionals working together with parents and practitioners.

For curious parents, for Dads who want to be the best Dads they can be, for Mums who want to be the best Mums they can be.

Over 90% of parents think that a parenting course would be useful.

The course can be done at a time and place to suit family life

It is 11 modules long and each module takes about 20 minutes with voiceovers for the main text

There are interactive activities, quizzes, video clips and practical handouts

Works on PCs, Macs, iPads, laptops, mobiles and tablets

WHAT DO PARENTS THINK?

"Really enjoyed this course! Best £39 I've ever spent!"

"This has been a really valuable experience that in a way will impact on many aspects of my life"

"This course has been an absolutely invaluable gift to me. It has and will change so many aspects of my life. I am undoubtedly a better parent and more rounded and fulfilled person as a result. Some aspects have literally been like 'Eureka' moments to me! I WISH I'd known all this years ago"

"The Solihull Approach course I did made it clear parents don't need lessons: daily life throws us enough of those. What we need is the space to step back and observe our children. We need some structured guidance to help us reflect on all the factors that make them behave the way they do; some developmental, some circumstantial."

"I have found the online course very useful. Now, I take time to think more during difficult situations and during arguments with my kids."

"It doesn't work all the time but bit by bit, we are working towards a less confrontational household!"

BENEFITS TO PARENTS AND CARERS

- ✓ Increased confidence
 - ✓ Decreases in conflict in the relationship with their infant or child
 - ✓ Increased closeness in the relationship
 - ✓ Calmer household, better behaved children
 - ✓ Able to recognise own emotions and seek support
 - ✓ Improved couple relationship
 - ✓ Approach situations thoughtfully and reflectively
 - ✓ **better able to see things from their baby, infant, or child's perspective**
 - ✓ Increased understanding of child development
 - ✓ Up to date knowledge for parents and grandparents
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BENEFITS TO CHILDREN

- ✓ Calmer parents, happier households
- ✓ Less conflict, more closeness
- ✓ Attuned sensitive care, more empathy by adults around them
- ✓ Tailored boundaries which take into consideration individual needs
- ✓ Develop ability to articulate, share and ultimately manage own emotions
- ✓ Resilience against mental health problems
- ✓ Emotional intelligence

HOW DO PARENTS ACCESS THE GUIDES?

- Visit <http://www.warwickshire.gov.uk/parentguides> Find Warwickshire's FREE registration codes for each course.
- Complete a few monitoring questions
- From the Warwickshire page they will then need to:
- Click through to www.inourplace.co.uk
- Create an account using an email address and own password
- Click on 'Take Course' in the course of your choice
- Click on 'Already got a discount coupon?'
- Insert the relevant FREE Warwickshire registration code, and click 'Apply coupon'
- Access the course!
- Once parent has created an account they enter 'select the course' they wish to access and enter the relevant code*.