



FAQ for Parents: **Free Online Guides For Parents**

What is the evidence supporting these online courses?

These Guides have been written by NHS experts and are designed to help build the confidence of parents, and to grow their relationships with their infants, children and young people.

This helps to build the emotional strength of their children so they are able to bounce back from various challenges.

What are these free Guides?

We are offering three FREE learning Guides for ALL parents, grandparents and carers in Warwickshire:

- Understanding your Child (for parents of children aged 0 –18 years of age).
- Understanding your Baby
- Understanding your Pregnancy

Research shows that these Guides help parents build a better understanding of the feelings of their infants and children and how to manage those feelings and behaviour, as well as strengthening family communication and increasing closeness.

How much time does it take?

All three Guides (courses) can be completed flexibly, at your own pace, to suit your family life. They have 9-11 sessions, each taking 20 minutes. Perhaps try and do one or two sessions a week? There are also activities for you to try between sessions, to enhance your learning.

How do I get started?

The three Guides can be accessed via any PC, Mac, iPad, laptop or smartphone. Steps to access:

1. Visit warwickshire.gov.uk/parentguides
2. Find Warwickshire's FREE codes at the bottom of each Guide display box
3. Complete a few monitoring questions
4. Click through to inourplace.co.uk
5. Create an account using an email address and your own password
6. Click on 'Take Course' in the course of your choice
7. Click on 'Already got a discount coupon?'
8. Insert the FREE Warwickshire registration code, click 'Apply coupon', and get started!



On returning to inourplace.co.uk and signing in, you can click 'take course' to resume your learning. Your account will 'remember' that you have access to the course, and will resume where you had got up to, if you click 'take course'.