



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 these FREE learning Guides for ALL parents, grandparents and carers in Warwickshire:

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 do they take?

All the 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.

The suite of 'Solihull Approach' online Guides currently includes:

- 'Understanding Your Pregnancy, Labour, Birth and Your Baby'
- 'Understanding Your Baby' (0 - 6 months)
- 'Understanding Your Child' (0-19+ years)
- 'Understanding Your Child with additional needs' (0-19+ years)
- Understanding your teenager's brain (short course)
- Understanding your brain (for teenagers only!)
- Understanding your child's mental health and wellbeing
- Understanding your child's feelings (taster course)
- Understanding your relationships

How do I get started?

The 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. Click through to inourplace.co.uk
4. Apply the FREE Warwickshire access code
5. Create an account using an email address and your own password and get started!
6. To resume a course go to inourplace.co.uk and sign in.
7. For technical support contact solihull.approach@uhb.nhs.uk or 0121 296 4448 Mon - Fri 9am-5pm



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'.