

# Do you live in Knowsley?

## FREE online courses for all residents

### “Supported by the National Better Mental Health Fund”

#### **1. Understanding pregnancy, labour, birth and your baby**

Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

#### **2. Understanding your baby**

Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

#### **3a. Understanding your child (0-19 yrs) (main course) or**

#### **3b. Understanding your child with additional needs**

Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

#### **4. Understanding your teenager’s brain (short course)**

Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

**And more! For further details visit [www.inourplace.co.uk](http://www.inourplace.co.uk)**

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[www.inourplace.co.uk](http://www.inourplace.co.uk) [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)



The Solihull Approach was  
Developed by Psychologists,  
Psychotherapists, Health Visitors  
& NHS and Education Professionals