

ONLINE COURSES FOR PARENTS AND PARENTS-TO-BE

CORNWALL, ISLES OF SCILLY, DEVON, PLYMOUTH AND
TORBAY PENINSULA WIDE MULTI-USER LICENCE

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H



University Hospitals Birmingham
NHS Foundation Trust

WHAT IS ON OFFER?

NHS Kernow and Devon CCG have purchased a multi-user licence valid until May 2023 which enables:

FREE ACCESS for all Cornwall, Isles of Scilly, Devon, Plymouth and Torbay residents to

4 ONLINE COURSES FOR PARENTS, PARENTS-TO-BE, AND CARERS

- o Award winning online course for parents 'Understanding Your Child' 0-18 yrs
- o Online antenatal course: 'Understanding Pregnancy, Birth & Your Baby'
- o Online postnatal course: 'Understanding your baby'
- o Understanding your teenager's brain (short course):



www.inourplace.co.uk

UNDERSTANDING YOUR PREGNANCY, LABOUR, BIRTH AND YOUR BABY – ONLINE COURSE

- Module 1** Welcome!
- Module 2** Helping you and your baby through pregnancy and birth
- Module 3** Getting to know your baby in the womb
- Module 4** You, your baby and the stages of labour
- Module 5** Helping you and your baby through labour and birth
- Module 6** Feeding your baby
- Module 7** Who's the Daddy now? – I'm the Daddy!
- Module 8** After your baby is born
- Module 9** Congratulations

Developed by Registered Midwives working with health professionals in the Solihull Approach team.

It has the same content as the Solihull Approach face to face antenatal course, which has the same name 'Understanding pregnancy, labour, birth and your baby.'

If a parent cannot access an antenatal group, this course is a good alternative

If one parent is in an antenatal group and their partner can't attend, this course is a good alternative for their partner and others around the baby

It means that everyone around the birth of this baby can do this course, including grandparents

There are 9 modules

There are interactive activities, quizzes and video clips

It works on mobiles, tablets, Pcs, Macs, ipads and laptops

UNDERSTANDING YOUR BABY – ONLINE COURSE

- Module 1** Understanding feelings: both yours and your baby's
- Module 2** Understanding your baby's brain
- Module 3** Understanding your baby's crying
- Module 4** How to respond to crying
- Module 5** Understanding your baby's rhythms
- Module 6** Developing healthy sleep patterns
- Module 7** Understanding your baby's feeding
- Module 8** Who's the Daddy now? – I'm the Daddy!
- Module 9** Understanding your baby's development and play
- Module 10** Understanding your baby's childcare
- Module 11** Congratulations

This course gives parents information about their baby's brain development and their baby's physical and emotional development. It shows how important their relationship with their baby is for the baby's development.

It integrates the traditional information given on a postnatal course with this new approach to developing your relationship with the baby. It looks at the baby's sleeping, feeding, crying, playing and childcare options.

The course was developed by Health Visitors working with health professionals in the Solihull Approach team.

If a parent cannot access a postnatal group, this course is a good alternative

If one parent is in a postnatal group and their partner can't attend, this course is a good alternative for your partner and others around the baby

It means that everyone around the baby can do this course, including grandparents

There are 11 modules

There are interactive activities, quizzes and video clips

It works on mobiles, tablets, Pcs, Macs, ipads and laptop

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

YOUR TEENAGER'S BRAIN – ONLINE COURSE

Module 1 Teenager's brain development

Module 2 Teenagers reading faces

Module 3 Risk Taking and friends

Module 4 Sensitivity to rejection

Module 5 Teenagers and sleep

Online course for parents of teenagers.

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

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

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

Works on Pcs, Macs, ipads, laptops, mobiles and tablets