



Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents



Residents of CHESHIRE EAST

In paid partnership with:



Use Access Code
WHEATSHEAF

Cheshire East Family Hubs is excited to announce the official launch of its recent partnership with the Solihull Approach; trusted NHS provider of online courses focused on children's emotional health and wellbeing. Through this collaboration, Cheshire East Family Hubs funds a multi-user license, enabling all residents within the council's area to access a comprehensive range of online courses at no cost.

Cheshire East Family Hubs recognises the importance of nurturing emotionally resilient and socially aware children within its community.

Key highlights of the Inourplace online courses include:

- **Understanding your child's emotional health and brain development:** Parents will gain insights into the science behind their child's brain development, helping them make informed decisions that support healthy cognitive growth.
- **Reading your child's behaviours:** These courses will provide parents with tools to interpret and respond effectively to their child's behaviours, fostering positive interactions and reducing stress for both parents and children.
- **Developing communication:** Parents will learn strategies for open and effective communication that will strengthen the parent-child bond and promote emotional well-being.

To access these courses, please visit [Free wellbeing online courses in Cheshire East – inourplace](#) and use the access code **WHEATSHEAF** to sign up.

For more information, please take the time to watch this short video from the team at In Out Place:

[All about the Solihull Approach and our online courses for parents](#)