

## DEALL EICH PLENTYN UNDERSTANDING YOUR CHILD



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

Dear Parent(s)/Guardian(s),

I wanted to let you know about Solihull Approach online courses that are available exclusively free of charge from April 2020 to November 2022 for all residents of North Wales. The Betsi Cadwaladr University Health Board Public Health Team have invested in a multi-user licence.

The courses are for ALL parents-to-be, parents, grandparents or carers of any child. They are relevant for parents of all children, including those with special needs, autism, ADHD etc. I am told that the courses are really informative and interesting!

They look at the baby/child's/ teenager brain development, play, styles of parenting, sleep, temper tantrums, communication and many more! Emotional health and wellbeing of parents, grandparents, carers and the infant/child/teenager are explored. The courses are based on evidence, have been written by registered professionals, and are recognised by NHS providers and accredited by the Department of Education (DfE).

The courses are split into 4 sections

1. **Understanding Pregnancy, Labour, Birth and your Baby**
2. **Understanding your Baby**
3. **Understanding your Child**
4. **Understanding your Teenagers Brain** (is a shorter course)

There is a wealth of useful tips and information within all of the courses. There are between 9–11 modules within each course and each module takes around 20 minutes to complete.

If you are interested in exploring these courses, please go to [www.inourplace.co.uk](http://www.inourplace.co.uk) to register and enter the exclusive access code for North Wales which is **NWSOL**.

Solihull Approach North Wales have Facebook and Twitter pages which you could follow - both social media platforms are called Solihull Approach North Wales.

For any questions about these courses, please contact [nwsol@wales.nhs.uk](mailto:nwsol@wales.nhs.uk)

I hope some of you will find these courses of use during this crisis.

Many thanks

Mr J Wilkinson