

Thriving Kirklees

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

FREE Online courses for EVERYONE IN KIRKLEES

Understanding Pregnancy, Labour, Birth and Your Baby

A course for everyone around the baby – mums, dads, grandparents, friends and relations.

Understanding Your Baby

Supporting you and your new arrival – a course for everyone involved in helping your baby get the best start in life.

Understanding Your Child

Learn more about how to be the best parent, grand-parent or carer you can be.

Understanding Your Teenager's Brain

Find out what happens to the brain as a child hits adolescence. See how this explains some of the changes in their behaviour that you've noticed.



To access any of the courses visit:

www.thrivingkirklees.org.uk/tkparents

Use the Access code: **TKparents**. Fill in some details to create an account and you'll have free unlimited access to the courses. These award winning courses are written by expert psychologists, health visitors, psychotherapists, NHS and Education professionals.





Online course for residents of
Kirklees and Calderdale



'Understanding your brain (for teenagers only!)

- Have you noticed changes in your behaviour?
- Do you sleep more than you used to?
- Want to know why teenagers are more open-minded?



Your brain is changing!
Find out more!



9 Modules

For technical support contact:
solihull.approach@heartofengland.nhs.uk
or call 0121 296 4448 Mon-Fri, 9am-5pm

Register on:
www.inourplace.co.uk

and enter the 'access code'

TKPARENTS

to gain **FREE** (prepaid)
access where eligible