

**InOurPlace Course descriptions**

Course title + key facts	Brief course summary explainer	In one line
<p><b>Understanding your pregnancy, labour, birth and your baby</b></p> <p>9 modules reflecting a 6 week in-person antenatal course</p> <p>For mothers, fathers, carers and grandparents, anyone in your new baby's bubble</p> <p>Also with professional translations in Modern Standard Arabic, Polish, Welsh, and Urdu.</p>	<p>Getting to know your baby in the womb can be an important part of bonding with your child. This course includes the traditional information you might expect from an antenatal course with information on preparing to give birth, welcoming and comforting your new baby alongside thinking about your emotional health and helping you to reflect on ways to connect with your baby.</p> <p>Audio recordings, professional translations in 4 languages.</p>	<p>Preparing to give birth, bonding with your new baby, and thinking about your emotional health.</p>
<p><b>Understanding your pregnancy, labour, birth and your baby for women couples</b></p> <p>9 modules reflecting a 6 week in-person antenatal course</p> <p>For mothers, partners, carers and grandparents, anyone in your new baby's bubble</p>	<p>Sharing experiences from women couples expecting a baby, this course includes the traditional information you might expect from an antenatal course with information on preparing to give birth, welcoming and comforting your new baby alongside thinking about your emotional health and helping you to reflect on ways to connect with your baby.</p>	<p>Informed by other women couples, preparing to give birth, bonding with your new baby and thinking about your emotional health</p>

<p><b>Understanding your baby</b></p> <p>11 modules reflecting a 6-8 week in-person course</p> <p>For mothers, fathers, carers and grandparents, anyone in your new baby's bubble</p> <p>Also with professional translations in Urdu, Modern Standard Arabic and Welsh.</p>	<p>Understanding your baby's physical and emotional development can help you to develop a nurturing relationship supporting them to thrive. This course includes the traditional information you might expect from a postnatal course relating to sleeping, feeding, crying and playing with additional information on the importance of relationships for your baby's brain growth and development.</p>	<p>Understanding your baby's physical and emotional development for a nurturing relationship supporting them to thrive.</p>
<p><b>Understanding your sick or preterm baby in hospital</b></p> <p>For parents and families experiencing neonatal care for their babies in hospital</p>	<p>A supportive resource to help parents develop a close and connected relationship with their baby when they find themselves managing a range of emotions and a busy clinical care environment. The course includes supportive guidance around baby development milestones relating to feeding, sleeping and crying and helpful signposts informed by parents with shared experience.</p>	<p>Developing a close and connected relationship with your baby when you may be feeling overwhelmed</p>
<p><b>Understanding your sick or preterm baby now you're home</b></p> <p>For parents and families settling in at home with their preterm or sick baby</p>	<p>A supportive resource to help parents develop a close and connected relationship with their baby while considering the additional worries related to additional specialist baby care. The course includes supportive guidance around baby development milestones relating to feeding, sleeping and crying and helpful signposts informed by parents with shared experience.</p>	<p>Developing a close and connected relationship with your baby as you adjust to a new environment at home</p>

<p><b>Understanding your child</b></p> <p>Recognised by the Early Intervention Foundation</p> <p>11 modules reflecting a 10 week in person course</p> <p>For all parents, carers and grandparents of children aged up to 19</p> <p>Also with professional translations in Bulgarian, Welsh, Modern standard Arabic, Polish, simplified Chinese, Somali and Urdu.</p>	<p>No matter your family set up the important relationships in your child's life help shape their emotional health and wellbeing. This transformative course offers a reflective space to think about your child's development, their behaviour and how they are communicating. It is created by clinical psychologists, child psychotherapists, and family practitioners in partnership with parents who share their experiences.</p>	<p>Developing the important relationships in your child's life which help shape their emotional health and wellbeing</p>
<p><b>Understanding your child with additional needs</b></p> <p>For parents and families of children who may have additional needs or are differently abled and those who may have a disability (physical or learning)</p>	<p>Understanding your child and their additional needs or different abilities can make it easier to work with your child's behaviour as well as supporting their development. This course looks at some particular aspects of parenting: sleeping and anger management, together with more about how we interact with each other. It follows the same principles of the other Solihull Approach courses and is informed by parents in similar circumstances.</p>	<p>Understanding your child and their additional needs to make it easier to work with their behaviour as well as supporting their development</p>

<p><b>Understanding your teenager's brain</b></p> <p>For all parents, carers and grandparents of teenagers</p> <p>Also with professional translations in Urdu, Modern Standard Arabic, and Welsh.</p>	<p>Our brains develop rapidly in adolescence changing the way we feel, express ourselves and behave. This short course helps explain some of the changes you might have noticed in your teenage and helps you think about support you may be able to offer</p>	<p>Understanding the rapid development of our brains in adolescence and what this means for their mental health</p>
<p><b>Understanding your brain (for teenagers only)</b></p> <p>For teens, adolescents, and young adults</p>	<p>Written for teenagers with teenagers. Our brains develop rapidly in adolescence changing the way we feel, express ourselves and behave. This courses shares some of the science behind this and may help you process some of your feelings and how they're changing.</p>	<p>Understanding the rapid development of your brain as you grow and what this means for your mental and emotional health</p>
<p><b>Understanding your feelings (for teenagers only)</b></p> <p>For teens, adolescents, and young adults</p>	<p>Written for teenagers with teenagers. You may be feeling overwhelmed, confused, anxious or frustrated, this course is designed to help you recognise and manage your feelings.</p>	<p>Understanding your feelings, your mental wellbeing and how to manage them</p>
<p><b>Understanding your child's feelings (a taster)</b></p> <p>For all parents, carers and grandparents of children aged up to 19</p>	<p>Our bitesize introduction to understanding your child, their feelings and how to support and nurture their emotional development.</p>	<p>Understanding your child, their feelings and how to support and nurture their emotional development – an introduction.</p>

<p><b>Understanding your child's mental health and wellbeing</b></p> <p>13 and 15 units to follow in addition to our understanding your child course</p> <p>For all parents, carers and grandparents of children from 0 to 19</p>	<p>Nurturing mental health and wellbeing can be difficult to navigate, this course builds on fundamental principles in the understanding your child courses as the corner stones of mental health to explore particular mental health issues and support.</p>	<p>Exploring mental health alongside understanding your child, their emotional wellbeing, and development</p>
<p><b>Understanding your relationships</b></p> <p>For everybody!</p>	<p>Relationships can be difficult, complicated, fun, satisfying, exciting, annoying, bring out the best in us, bring out the worst in us. We are often in one, but we don't often spend much time on them. An introduction to key themes around emotional wellbeing, communicating feelings, and managing conflict or anger with activities to support the relationships that mean the most to you.</p>	<p>An introduction to key themes around emotional wellbeing, communicating feelings, and managing conflict or anger with a focus on important relationships</p>
<p><b>Understanding the impact of the pandemic on your child</b></p> <p>Short course typically taking just 30 minutes to complete</p> <p>For all parents, carers and grandparents of children of primary school age (4-11)</p>	<p>While many of us have tried to move on quickly from the pandemic to resume the restriction-free lives we cherished, it may not be as easy for your child who may have experienced it differently. This short course encourages reflective thinking to empathise with your child's emotional wellbeing as an introduction to our courses in mental health.</p>	<p>Reflective thinking to empathise with your child's emotional wellbeing and how they may have been impacted by the pandemic</p>



<p><b>Understanding the impact of the pandemic on your teenager</b></p> <p>Short course typically taking just 30 minutes to follow</p> <p>For all parents, carers and grandparents of children of teenagers</p>	<p>The pandemic was especially challenging for teenagers who experienced significant disruption to their lives during a period of rapid emotional development. This short course encourages reflective thinking to empathise with your teenager's emotional wellbeing as an introduction to our courses in mental health.</p>	<p>Reflective thinking to empathise with your teenager's emotional wellbeing and how they may have been impacted by the pandemic.</p>
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