

## Do you live in Knowsley? FREE online courses for all residents "Supported by the National Better Mental Health Fund"

### 1. Understanding pregnancy, labour, birth and your baby

Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

### 2. Understanding your baby

Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

### 3a. Understanding your child (0-19 yrs) (main course) or

### 3b. Understanding your child with additional needs

Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

### 4. Understanding your teenager's brain (short course)

Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

And more! For further details visit [www.inourplace.co.uk](http://www.inourplace.co.uk)

[solihull.approach@uhb.nhs.uk](mailto:solihull.approach@uhb.nhs.uk)

(+44) 0121 296 4448

[www.inourplace.co.uk](http://www.inourplace.co.uk) [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)



The Solihull Approach was  
Developed by Psychologists,  
Psychotherapists, Health Visitors  
& NHS and Education Professionals

## Welcome to Our Place

...e place to unearth all your potential as a parent or carer  
...arn, understand. Fascinating online courses for everyone who wants to be  
...even better mum, dad, grandparent or carer.  
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## Access Code: BETTERTOGETHER

Go to [www.inourplace.co.uk](http://www.inourplace.co.uk)

Apply the 'access code' for FREE access!  
Fill in some details to create an account  
To return to the course(s) go to  
[www.inourplace.co.uk](http://www.inourplace.co.uk) and sign in!

For technical support contact  
[solihull.approach@uhb.nhs.uk](mailto:solihull.approach@uhb.nhs.uk)  
or 0121 296 4448 Mon-Fri 9am-5pm

Please go to: [www.inourplace.co.uk](http://www.inourplace.co.uk) then apply the access code 'BETTERTOGETHER'

If you don't live in Knowsley, but your child attends a Knowsley school, then please use the  
postcode L32 0RQ

If you're having any problems accessing the course, or for more information please contact  
Sharon Fitzgerald – [sharon.fitzgerald@knowsley.gov.uk](mailto:sharon.fitzgerald@knowsley.gov.uk) - 07825 117 499

Please include your name and contact number, your child's name, school and class