



# Understanding Your Child

Worcestershire parents, carers and grandparents can now access innovative ONLINE guides about children aged from 0-18 years. Worcestershire County Council have invested in a multi-user licence for 4 award winning, quality marked, evidence based online courses by the Solihull Approach (a national NHS organisation) and we are therefore delighted to offer you **FREE** access to the courses, normally £19-£39 per person.

Understanding Your Child was established 20 years ago by psychologists, health visitors and other health professionals. It looks at brain development, play, styles of parenting, sleep, temper tantrums, communication and more and is based on the nationally and internationally acclaimed face to face course offered by the Solihull Approach.

There are 9-11 modules each taking around 20 minutes (the main screens have optional audio voice-overs) as well as interactive activities, quizzes, video clips and practical hand-outs.

## 1 Understanding Pregnancy, Labour, Birth and Your Baby - Antenatal Online Guide

The guide covers:

- Relaxing & breathing
- Getting to know your baby in the womb
- You, your baby and the stages of labour
- Birth positions
- Feeding your baby
- Fathers and babies
- After your baby is born

## 2 Understanding Your Baby - Postnatal Online Guide

The guide covers:

- Understanding feelings: both yours and your baby's
- Understanding your baby's brain
- Understanding and responding to crying
- Your baby's rhythms, sleep patterns, & feeding
- Fathers and babies
- Babies development and play
- Thinking about childcare

## 3 Understanding Your Child (for parents of children aged 6 months - 18 years)

The guide covers:

- Responding to how your child is feeling
- How your child develops
- Different styles of parenting
- How your child communicates
- Understanding your child's behaviour
- Sleep, Self-regulation and anger

## 4 Understanding Your Teenager's Brain

The guide covers:

- Teenager's brain development
- Teenagers and reading faces
- Risk taking
- Risk taking and friends
- Sensitivity to rejection
- Teenagers and sleep

To access these online guides visit  
[www.worcestershire.gov.uk/parentguides](http://www.worcestershire.gov.uk/parentguides)



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