

# Services for Young Children

The Solihull Approach: free parenting courses for parents and carers, and for professionals working with children



Parents and carers in Hampshire can access **free online courses** to help build their confidence and better understand the behaviour, development and mental health of their child or young person.

The 'Solihull Approach' courses have been specially designed by psychologists and professionals and tailored to different ages and stages of a child's development, from pregnancy to teen years and beyond.

Through a series of interactive sessions, the courses provide advice and practical tips aimed at anyone caring for a child or young person, including parents, guardians, foster carers and grandparents.

## **Courses include:**

- 1a. Understanding pregnancy, labour, birth and your baby (Antenatal),
- 1b. Understanding pregnancy, labour and your baby: for female couples (Antenatal),
2. Understanding your baby (Postnatal),
- 3a. Understanding your child (0-19 years),
- 3b. Understanding your child with additional needs (0-19 years),
4. Understanding your teenager's brain,
5. Understanding your brain (for teenagers only),
6. Understanding your feelings (for teenagers only),
7. Understanding your child's feelings,
8. Understanding your child's mental health and wellbeing,
9. Understanding your relationships,
10. Understanding the impact of the pandemic on your child/teenager.

## **Courses for professionals working with children:**

- Understanding trauma,
- Understanding attachment,
- Understanding brain development.

For more details and list of courses available to Hampshire residents, please visit: [The Solihull Approach | Health and social care | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk/health-and-social-care/solihull-approach)