

Online courses for parents & parents-to-be

FREE for parents, grandparents and carers*

From bump to 19 years, lifetime access

NHS



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PARENTING

(Please note SURREY residents must use ACCESS CODE: **ACORN**)

Apply the 'ACCESS' code for a 100% discount! Fill in some details to create an account.

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ASCOT • BRACKNELL • FARNHAM • MAIDENHEAD • NORTH EAST HAMPSHIRE • SLOUGH • WINDSOR • SOUTH BUCKS

*FREE if you live in any of these areas

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

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH



Frimley Health and Care



FREE online courses for all residents!

Understanding Pregnancy, Labour, Birth and Your Baby - Available in English and Urdu

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

Understanding Your Baby

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

Understanding Your Child (0-19 yrs) - Available in English, Urdu, Polish, Arabic, Bulgarian, Chinese

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

Understanding your teenagers' brain (short course)

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solihull.approach@heartofengland.nhs.uk
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www.solihullapproachparenting.com

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Written by Psychologists, Psychotherapists, Health Visitors & NHS and Education professionals
Award winning • Not for profit

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