



Do you live in North Wales?

FREE online courses for all residents!

Evidenced based & accredited

1. **Understanding Pregnancy, Labour, Birth and your Baby** – for everyone around the baby (Mums, Dads, Grandparents, friends and relations).
Written by Registered Midwives, Infant Feeding Specialists and NHS Professionals
2. **Understanding your Baby** – for everyone around the baby, supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors
3. **Understanding your Child** – Popular online course about being the best parent, grandparent or carer. Award winning with trusted content
4. **Understanding your Teenagers Brain** (short course) – Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed about their behaviour

To access these **FREE** courses please go to: www.inourplace.co.uk - Access code: **NWSOL**

For technical enquiries please go to: Solihull.approach-parenting@heartofengland.nhs.uk

For any questions/enquires please e-mail: nwsol@wales.nhs.uk



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