



## Understanding Your Child – Free online course

We are delighted to announce that staff and parents can now access an innovative ONLINE guides about children, worth £39, completely **free of charge**. Understanding Your Child is put together by the Solihull Approach, an accredited, evidence based approach established 20 years ago by psychologists, health visitors and other health professionals.

The course usually costs £39 per person. However using the Access Code:

- Go to [www.inourplace.co.uk](http://www.inourplace.co.uk) (using Google Chrome or Mozilla Firefox)
- Apply the access code when prompted which is **'PARENTING' (or for Surrey it is ACORN)**.
- Create an account
- Enter your postcode either your home postcode (for all residents), or your work postcode (for professionals). Travelling communities who do not have a postcode can enter the postcode where they are living or enter the word **Postcode**.
- Enjoy the guide! On returning to the website and signing in, the user's account will 'remember' that they have access to the guide and where they had got up to.



The licence is valid until April 2023 at [www.ourplace.co.uk](http://www.ourplace.co.uk) you can register for your own account and revisit the course indefinitely without paying a penny.

Understanding Your Child is for parents, carers, and professionals caring for children aged 0-18 years. 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 5-11 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.

**We are aiming for 80% take-up so once you have completed the course, let us know and once verified we will enter your name into a prize draw. Once we have reached a target of 50% of parents we will pick a name at random. If it is your name you will win a £50 high street shopping voucher!! So get learning and encourage your school gate friends to log on too.**

We are keen for feedback so look out for a survey later in the year.

**“Really enjoyed this course! Best £39 I've ever spent!”**

**“This has been a really valuable experience that in a way will impact on many aspects of my life”**

**“This course has been an absolutely invaluable gift to me. It has and will change so many aspects of my life. I am undoubtedly a better parent and more rounded and fulfilled person as a result. Some aspects have literally been like 'Eureka' moments to me! I WISH I'd known all this years ago”**

**“The Solihull Approach course I did made it clear parents don't need lessons: daily life throws us enough of those. What we need is the space to step back and observe our children. We need some structured guidance to help us reflect on all the factors that make them behave the way they do; some developmental, some circumstantial.”**

**“I have found the online course very useful. Now, I take time to think more during difficult situations and during arguments with my kids.”**

**“It doesn't work all the time but bit by bit, we are working towards a less confrontational household!”**



