

## FREE online courses for all residents of Northern Ireland

### For parents, carers and families

- Understanding pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child
- Understanding your child with additional needs
- Understanding your teenager's brain
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing

### For all adults

- Understanding your relationship

### For teenagers

- Understanding your brain (for teenagers only!)
- Understanding your feelings (for teenagers only!)

### And more!

For further details, visit:

[www.solihullapproachparenting.com/online-courses-northern-ireland/](http://www.solihullapproachparenting.com/online-courses-northern-ireland/)

For technical support, contact [solihull.approach@uhb.nhs.uk](mailto:solihull.approach@uhb.nhs.uk)  
or (+44) 0121 296 4448 - Mon-Fri, 9am-5pm

[www.inourplace.co.uk](http://www.inourplace.co.uk) [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)



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