

Sent via Arbor email 19 March 2024

Dear Parents and Carers,

It's almost time for the Easter break and we recognise this time off can be both cherished family time and a tricky balancing act for many. There are a range of practical resources focussed on emotional health at [www.inourplace.co.uk](http://www.inourplace.co.uk) and our school is in a pre-paid area meaning they are all completely free for you to access!

Hampshire County Council has partnered with the Solihull Approach to provide free, evidence-based online courses with practical tips and advice to boost parent's and carer's confidence, help them navigate family life, and strengthen their relationships. Whether you are a mum, dad, foster parent or grandparent, there is a course for you. Once registered, families receive unlimited access to the courses and can go back to them as their children grow. The interactive courses cover topics like:

- Understanding pregnancy, labour, birth and your baby (Antenatal)
- Understanding your baby (Postnatal)
- Understanding your child with additional needs (0-19 years)
- Understanding your child's mental health and wellbeing
- Understanding the impact of the pandemic on your child/teenager
- Understanding your brain (for teenagers only)
- Understanding your feelings (for teenagers only)

Developed by psychologists and professionals, they have been designed to help you understand your child's feelings, development and behaviour, as well as focus on your own feelings as you grow as a family. To register for parent courses, you will need to have a Hampshire postcode and complete the following steps:

1. Visit <https://inourplace.co.uk/>
2. Select 'Apply Access Code'
3. Enter the access code: FAMILY
4. Enter your information and select the relevant course

Further information can be found at: <https://www.hants.gov.uk/solihullapproach>

Yours faithfully,

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