



Free online courses for ALL parents, parents-to-be, carers, grandparents and teens living in Hampshire. Plus courses for professionals working with children.

Solihull Approach

Welcome to Hampshire County Council's partnership with the Solihull Approach. These free online courses offer advice and practical tips to boost your confidence as a parent, help you navigate family life and strengthen your relationships. Whether you are a mum, dad, foster parent or grandparent, there is a course for you.

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.

It's simple to register for free unlimited access:

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



Courses for families: from bump to 19+ years, including adult relationships:

New courses

Moving up to secondary school for children with additional needs

- 1a. Understanding pregnancy, labour, birth and your baby (Antenatal)
- 1b. Understanding pregnancy, labour and your baby: for female couples (Antenatal)
2. Understanding your baby (Postnatal)
 - 2a. Understanding your preterm or sick baby in hospital
 - 2b. Understanding your preterm or sick baby now you're home
- 3a. Understanding your child from toddler to teenager
- 3b. Understanding your child with additional needs (0-19 years)
4. Understanding your teenager's brain
5. Understanding your brain (for teenagers only)
6. Understanding your feelings (for teenagers only)
7. Understanding your child's feelings
8. Understanding your child's mental health and wellbeing
9. Understanding your relationships
10. Understanding the impact of the pandemic on your child/teenager
11. Understanding your own trauma

All courses can be translated using Google translate and some professional translations are also available.

