UNDERSTANDING YOUR CHILD

S O L I H U L L   A P P R O A C H

ourplace

NHS

North Lanarkshire Partnership

Investing in **Nurturing** lives & communities

Understanding Your Baby

Postnatal Online Course

www.inourplace.co.uk Apply code: LANERCH2

This is an enjoyable online course, focussing on the parent-child relationship. It can be done at your own pace, and is ideal for dads, mums and other carers who want to learn more about sensitive and effective parenting.

- ✓ **The course can be done on any PCs, Macs, iPads, laptop or smartphone, at a time and pace to suit family life**
- ✓ **There are 11 modules each taking around 20 minutes (the main screens have optional audio voice-overs) Interactive activities, quizzes, video clips, practical hand-outs**
- ✓ **If you cannot access a postnatal group, this course is a good alternative**

Written and presented by Registered NHS Midwives, Health Visitors and Clinical Psychologists

The course covers:

Understanding feelings: both yours and your baby's

Understanding your baby's brain

Understanding and responding to crying

Your baby's rhythms, sleep patterns, & feeding

Fathers and babies

Babies' development and play

Thinking about childcare

Ref: 2c/GNRC/V1