

An update on

# WELLBEING FOR SCHOOL PARENTS

From [inourplace.co.uk](https://inourplace.co.uk)

An NHS learning space developed by psychologists



## March 2025

Inourplace is funded in your area to provide your family with free access to expert learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children and make sure they thrive.

Here's a quick round up of what we think is great on [Inourplace](https://inourplace.co.uk) this month.

### Emotional health learning for teens and preteens



#### Understanding your brain and feelings (for teenagers only!)

Listen to what teenagers think of our online courses for teens

[\(5 minute watch\)](#)

### Preparing for the move up in school



#### Moving up

A digital hub of resources for parents of nursery, Reception and Year 6 children to support them to thrive as they move up in school

[\(easy reads and watch digital hub\)](#)

## Anxiety: all feelings welcome



### Understanding anxiety

A Clinical Psychologist's view on anxiety and how to keep it in check

[\(3 minute watch\)](#)

## Support with a prem baby



### Understanding your preterm or sick baby

Two online courses to support you and your baby's emotional health in hospital and at home. Written by Neonatal Care Specialists and Consultant Clinical Psychologists

[\(bitesize e-learning\)](#)

## A wellbeing guide for SEND parents



### Understanding your child with additional needs

Your space for thinking about parenting with specialist information for neurodiversity and/or other SEND wellbeing and support for your child

[\(bitesize e-learning\)](#)

## The impact of the pandemic: 5 years on



### Understanding the impact of the pandemic on your child/teenager

For parents of children and teens to understand the impact of the Covid-19 pandemic on development and emotional health

[\(bitesize e-learning\)](#)

# FREE ACCESS

You're receiving this update as your school is based in a free (pre-paid, funded) access area for [inourplace.co.uk](https://www.inourplace.co.uk)

Find the Free Access Checker button in the course library to unlock free online learning that could change your relationship with your child for the better.

Evidence based - Created in the NHS - Private and available anytime, anywhere

Follow the Solihull Approach on social media



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