Understanding your Baby

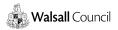
FREE ONLINE Course

For everyone around Baby – supporting you and your new arrival

> Parents of 0 – 12 Months

Written by Psychologists, Psychotherapists, Health Visitors & NHS professionals

Go to: www.inourplace.co.uk Use Code: WALSOLIHULLAPPROACHPOSTN



PROUD OF OUR PAST, OUR PRESENT AND FOR OUR FUTURE

Written by Pschologists, Pschotherapists, Health Visitors & NHS professionals Part of the Solihull Approach series 9 Modules, lifetime access Available 24/7

Go to: www.inourplace.co.uk Click 'START NOW'- fill in your details, to register & sign in Scroll down & find 'Understanding Your Baby' Click on 'Take course' Click 'Aiready have a discount coupon?' type in this code (this is your coupon'): WALSOLIHULLAPPROACHPOSTN Click 'Apply coupon'

- ✓ 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 sessions each taking around 20 minutes (the main screen have optional audio voice-overs)
- ✓ Interactive activities, quizzes, video clips, practical hand-outs

The course covers:

- \checkmark Understanding feelings both the parents and the baby's
- 🗸 The baby's brain
- How to respond to crying
- Play and development
- Module for dads

- ✓ Baby's rhythms
- ✓ Healthy sleep patterns
- ✓ Feeding
- ✓ Baby childcare

For more information on parenting support in Walsall please visit:

http://www.mywalsall.org/walsallearlyhelp/parenting/







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