

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



Walsall Council



PROUD OF OUR PAST, OUR PRESENT AND FOR OUR FUTURE

Written by
Psychologists,
Psychotherapists,
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 'Already 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:

- ✓ 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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