



inourplace 

NHS



Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



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