

South Tyneside Family Hubs have partnered with the **Solihull Approach** to offer **free** access to expertly designed online courses for parents, carers, grandparents and teens living in the region, with courses going live on 4th December 2023.

Supporting emotional health and wellbeing from 0-19+, parents can sign up to understand their child's feelings, as well as their own, as they go through life as a family. Parents will learn to understand the changes in their child's development and how best to support them, whilst also strengthening their relationships.

Courses include:

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Families can be signposted to the Solihull Approach series [here](#) where they can find out more about the courses on offer. To access the courses, South Tyneside families need to follow the simple registration process inputting the access code '**ForEveryFamily**'

Watch a short video below and learn all about the Solihull Approach and our online courses for parents 🙌

<https://youtu.be/nyUGe090q7k>

Through this collaboration, South Tyneside Family Hubs are funding a multi-user license, which will also enable practitioners within the council and across our partnerships to access a specialist training at no cost.

Solihull Approach online CPD courses for practitioners include:

- **Understanding brain development:** insights into the science behind children's brain development and emotional health, helping families make informed decisions that support healthy cognitive growth.
- **Understanding trauma:** specialist education on trauma recognition, processing and recovery
- **Understanding attachment:** strategies for open and effective communication that will strengthen the parent-child bond and promote emotional well-being.

To access the courses, South Tyneside practitioners will soon be provided with a simple registration process. Online courses are designed to be accessed anytime, anywhere and are completely private and personal to you.

The Solihull Approach is a not-for-profit, NHS organisation for practitioners and parents to support emotional health and well-being in children, families, and adults.

Watch. This. Space