

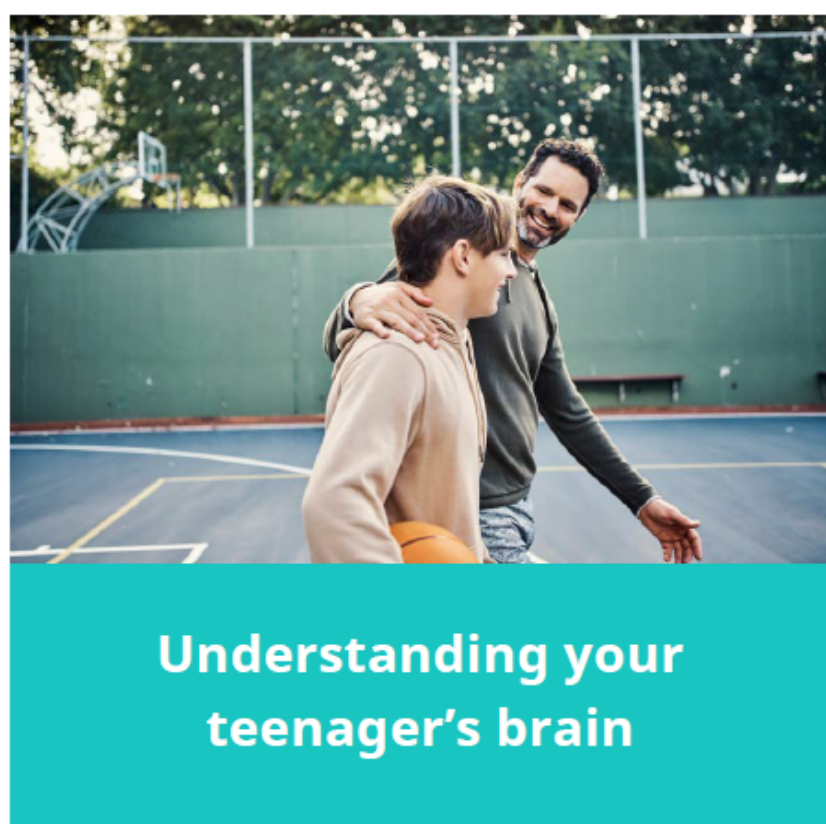


January 2025

Solihull Approach 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](#) this month.

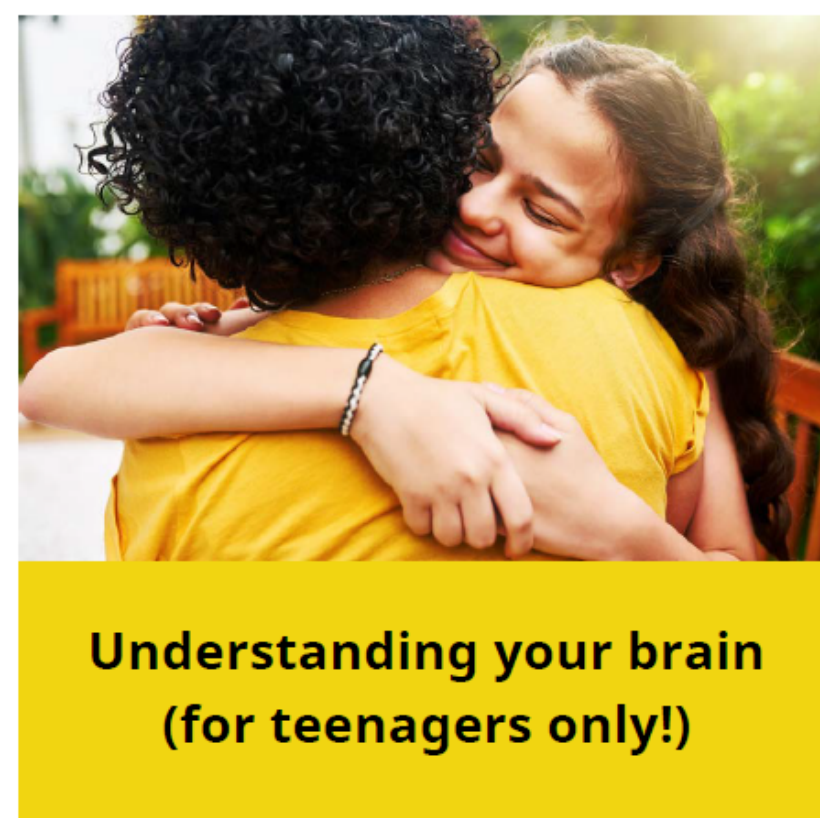
Why so sensitive? Teenage brain changes



For parents of teens and pre-teens to understand the major brain development in adolescence and how to keep connected

Access the bitesize e-learning [here](#)

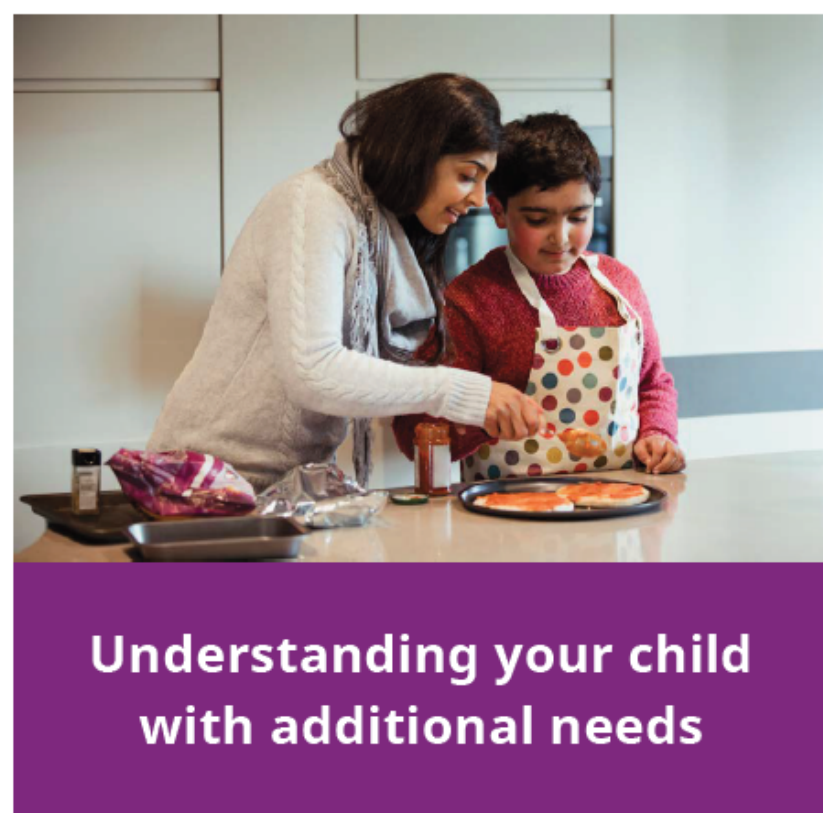
For teens: Brain changes, big feelings and relationships



For teens and pre-teens to learn about brain development, why sleeping later is normal and keeping calm is harder

Access the bitesize e-learning [here](#)

A wellbeing guide a SEND parents



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

Access the bitesize e-learning [here](#)

Autism and emotional wellbeing



The Psychologist's view

Watch the video [here](#).

Confident in your vaccination choices?



The Health Visitor's advice

Read the blog post [here](#)

Understanding big feelings for small people



An introduction to emotional wellbeing and how understanding feelings can help nurture confidence, resilience and friendship

Access the bitesize e-learning [here](#)

FREE ACCESS

You're receiving this update as your school is based in a free (pre-paid, funded) access area for 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



inourplace.co.uk

0121 296 4448

solihull.approach@uhb.nhs.uk