

UNDERSTANDING YOUR CHILD



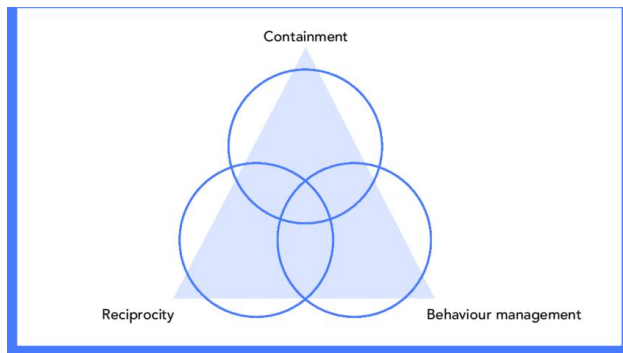
S O L I H U L L A P P R O A C H

Presented by:
Pauline Bigwood
Clinical Transformation Manager
Children and Family Health Surrey
Health Visitor, Queens Nurse, iHV Fellow

WHAT IS ON OFFER?



- CFHS/SCC funded multiuser licence. All Surrey residents' **FREE** access to NICE approved online **understanding your child courses**. **Free Access code ACORN**
- Advice relevant to expectant parents, parents, grandparents and carers of children of all ages including those with additional needs and disabilities to support emotional health and wellbeing in children, families, and adults.
- Based on the Solihull Approach promoting understanding of children's behaviour.
- Focus on parent/carer/child/teenager relationship. How we relate to each other, how we process our emotions and how knowing about this makes a difference
- Offering parents/carer a strategy for repair when things go wrong



Understanding your child with additional needs
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.

Residents of SURREY

in partnership with:

Use Access Code **ACORN**

www.inourplace.co.uk



Children and Family Health
Surrey



COURSES



- Unlimited access to 13 courses no expiry date, parents can return as and when they need and want to.
- Each course has between 9 to 11 sessions which last roughly 20 minutes each, there are also activities that can be carried out between courses.
- Each has a series of modules containing interactive resources, quizzes and video clips.
- Some of are available in English, Welsh, Urdu, Chinese and Polish, Romanian, Somali. All can be google translated.
- The courses can be accessed on any PC, laptop, tablet or smartphone

and your family understand your baby, child or teen

Try these online guides with expert advice for each stage of your child's development - FREE if you live in Surrey

Go to: surreycc.gov.uk/learnonline

UNDERSTANDING YOUR CHILD SOLIHULL APPROACH Children and Family Health Surrey NHS

ONLINE COURSES FOR PARENTS, GRANDPARENTS, CARERS AND TEENS

Discover the Solihull Approach series Understanding...

more languages available powered by Google Translate

Enjoy a fresh new look on mobile

optional voice-over where available

and much more!

Do you live in Surrey?
1. Scan QR or visit www.inourplace.co.uk
2. Enter the Access Code*
3. Begin learning.
*Sign in registration required

Locally funded
ACCESS CODE ACORN
PAYAFD

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

www.inourplace.co.uk

Residents of SURREY



Children and Family Health Surrey

Residents of SURREY



Use Access Code ACORN

MORE ABOUT THE COURSES

- Scenarios of families sharing challenges, parents feedback on this '*realise you are not alone*'
- Recommended to take a few days between modules to put ideas into practice and complete 'Home Activities'
- Once registered you can select the one or all guides.
- Account remembers you have access to that course and resumes where you left off. Sends reminders to complete course.
- **Free Access code ACORN**
- Access to register available via [CFHS website](#) and [Surrey County Council websites](#)
- Currently over **4700** registrations
- Video to promote <https://youtu.be/JKsTTDBsTns>



UNDERSTANDING YOUR SELF
CULTURAL APPROACH

inourplace NHS

Understanding your own trauma

To support your emotional wellbeing, this online course is designed to help learners to:

- understand the diverse nature and impact of trauma experiences
- learn effective ways to process trauma
- nurture resilience through healthy relationships
- understand more about emotional health and wellbeing

Created by experts in trauma and recovery
Private, self-paced learning available any time

Residents of SURREY

In paid partnership with:

Use Access Code
ACORN

COURSES AVAILABLE

Currently over **4700** registrations



The following guides are available:

- Understanding your pregnancy, labour, birth and your baby
- Understanding your pregnancy, labour, birth and your baby: for women couples
- Understanding your baby
- Understanding your child
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing
- Understanding your teenager's brain
- Understanding the impact of the pandemic on your teenager
- Understanding the impact of the pandemic on your child
- Understanding your brain (for teenagers only!)
- Understanding your feelings (for teenagers only!)
- Understanding your child with additional needs
- Understanding your relationships
- Understanding your preterm or sick baby in hospital
- Understanding your preterm or sick baby at home

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.

Residents of SURREY

in paid partnership with: SURREY Children and Family Health Surrey

Use Access Code **ACORN**

www.inourplace.co.uk

Understanding your teenager's brain

Free online course for all parents, carers, grandparents.

- Understanding your teenager's brain development in adolescence
- Reading your teenager's behaviour and understanding their feelings
- Reflecting on the importance of your relationship and how to nurture your teenager's mental health

Designed by clinical psychologists in partnership with practitioners and parents.

Residents of SURREY

in paid partnership with: SURREY Children and Family Health Surrey

Use Access Code **ACORN**

www.inourplace.co.uk



Children and Family Health
Surrey

Loved that it was quick and easy to fit in between meetings whilst working from home! Highly beneficial and taught me what I needed to know to have more understanding and compassion.

Surrey Parent feedback



Preteen to teenager

Understanding your feelings (for teenagers only!)

English Modules Voiceover



Course Modules

- 1. Welcome! ▼
- 2. Our feelings ▼
- 3. What to do with feelings? ▼
- 4. Processing feelings ▼
- 5. Feelings and thoughts ▼
- 6. You and COVID ▼

About this course

Your teenage brain will go through a cycle of rapid growth during puberty. Remarkably, this affects how you feel and behave. This course is a great place to start if you want to learn about your emotional health, why you feel the way you do, and how to manage these feelings.

Understanding your feelings - for teenagers is for all teenagers who wish to understand their own development and emotional wellbeing. The resources are tailored so that whatever your age, you can use the ideas and techniques to help better understand how to look after yourself as you grow and transition to adulthood.

Understanding your feelings - for teenagers has been developed by a team of Clinical Psychologists, Child Psychotherapists, and Child and Family Practitioners. Everything you will follow and learn in the course has been informed by experience and is designed to be practical to help you in your everyday interactions. You'll also learn about how the teenage brain functions compared to an adult, how and why your feelings might change, how to connect and communicate your feelings in relationships,



Course Modules

- 1. Welcome and introduction ▼
- 2. Your brain development ▼
- 3. Reading faces ▼
- 4. Risk taking ▼
- 5. Risk taking and friends ▼
- 6. Sensitive to rejection ▼
- 7. You and sleep ▼
- 8. Review ▼
- 9. Congratulations! ▼

About this course

Your teenage brain will go through a cycle of rapid growth during puberty. Sometimes these changes can cause confusion, but they can also bring about many positives for young people. This course is a great place to start if you want to learn about how your brain starts to function differently as you grow into an adult.

Understanding your brain - for teenagers is for all teenagers who wish to understand their own development during puberty. The resources are tailored so that whatever your age, you can use the ideas and techniques to help better understand how to look after yourself during these changes.

Understanding your brain - for teenagers has been developed by a team of Clinical Psychologists, Child Psychotherapists, and Child and Family Practitioners. Everything you will follow and learn in the course has been informed by experience and is designed to be practical to help you in your everyday interactions. You'll also learn about how the teenage brain functions compared to an adult, the brain's involvement in developing relationships and how the brain impacts teenage sleep patterns.

The course follows 9 Modules, each taking around 20 minutes and broken up into manageable chunks called Units.

The first few Modules cover some ways of thinking and concepts that will help shape the approaches and ideas around the later sections, so this means it needs to be followed in order, one Module at a time. You don't need to do it all in one go, and our advice is to take breaks and spread out your learning.

Understanding your brain - for teenagers is designed for all teenagers in any situation, but you might find perhaps you begin to feel you would benefit from more personalised or specialist support, so there are some additional resources signposted throughout to guide you.



Children and Family Health Surrey



Preteen to teenager

Moving up to secondary school for children with additional needs

English Modules Voiceover

Course Modules

- 1. Moving up ▼
- 2. Preparations ▼

About this course

This short specialist course is for parents, relatives or friends of children who have **additional needs**. Your child may be dyspraxic, dyslexic, very anxious, autistic, really dislike change, have ADHD, a learning disability, a physical disability or any other additional need.

It is designed to support both you and them as they **transition into secondary school**. Building on the principles of nurturing emotional wellbeing shaped by the Solihull Approach, the course will help you to develop your communication and support their development.

It's also for you as a support for your emotional wellbeing. Parenting a child with additional needs can bring a range of big emotions, that at times may feel overwhelming. Recognising and processing these feelings is a really important part of the care you provide your child.

This course is for all parents, grandparents and carers of children who have additional needs and who are transitioning into secondary school. Some parents describe their child as differently abled, neurotypical, neurodiverse or neurodivergent. The resources are tailored so that whatever their developmental age, you can use the ideas and techniques to help better understand your child, their emotions and how to help them process or manage them.

'Moving up to secondary school for children with additional needs' has been developed by a team of Educational Psychologists, Clinical Psychologists and Child Psychotherapists. It is informed by experience and is designed to be practical, to help you and your family.



Adults

Understanding your own trauma

English Modules Voiceover

Course Modules

- 1. What is trauma? ▼
- 2. Going through a traumatic experience ▼
- 3. Trauma memories ▼
- 4. Recognising trauma ▼
- 5. Our feelings ▼
- 6. Containment ▼
- 7. Anxiety and depression ▼
- 8. Processing trauma ▼
- 9. Recovery from trauma ▼
- 10. Trauma in the general population ▼
- 11. Congratulations ▼

About this course

This online course is for people who want to understand more about their own trauma, or to support others in managing trauma.

Psychological trauma is an emotional response to a distressing event or series of events that overwhelms an individual's ability to cope. Trauma overwhelms the processes in our brain, which usually help us to make sense of experiences and can have a lasting impact on our lives.

Research shows that by making sense of traumatic events, people can process them and effectively manage triggers. This course is designed to support a better understanding of trauma, and it will guide your personal journey – everyone's experience of trauma is different and finding the right way to process and manage your experience is personal.

Understanding your own trauma is for people who have experienced trauma at any point in their lives, perhaps through loss, bereavement, an accident, or illness. It is also for those who want to support friends or family through trauma. This course is not a replacement for therapy or counselling. You may find it difficult at times, and perhaps you would find it helpful to talk to someone, so we have included some signposts for further support, should you need it.

Understanding your own trauma



How to register

[Free guides: understanding your baby, child or teenager :: Children and Family Health Surrey \(childrenshealthsurrey.nhs.uk\)](https://www.surreycc.gov.uk/people-and-community/families/support-and-advice/parenting-courses-and-advice/online-guides)

<https://www.surreycc.gov.uk/people-and-community/families/support-and-advice/parenting-courses-and-advice/online-guides>

Apply the Surrey access code when prompted **'ACORN'** (or for family's living in Frimley area/some postcodes in Surrey Heath it is **PARENTING**)

Free guides: understanding your baby, child or teenager

You are here: [Home](#) > [For Families](#) > [Free guides: understanding your baby, child or teenager](#)

Free online guides are available for families living in Surrey with top tips from childcare, education and NHS health experts.

A range of guides are available including understanding your pregnancy, child, teenager and relationships and the newly launched 'Understanding the impact of the pandemic on your child'.

You can get free access to the online guides by using the code 'ACORN' and visiting the [In Our Place website](#).

Find out about the other guides available in the section below.



[Childcare](#) ▾ [Education and learning](#) ▾ [Family finance](#) ▾ [Support and advice](#) ▾ [SEND support](#) ▾



Register for free online guides for families

Bringing up children is a lot of fun but can also have its challenges. There are times when receiving some advice can be helpful.

If you are a Surrey resident, you can have free access to online parenting guides that include top tips from childcare, education and NHS health experts. The following guides are available:

- Understanding your pregnancy, labour, birth and your baby
- Understanding your pregnancy, labour, birth and your baby: for women couples
- Understanding your baby
- Understanding your child

User Feedback



Understanding Toddler to Teenager

- I learned many new things. The containment and window of thought associated with it was helpful. I found myself taking an extra second in responding to my children if they are angry. I now realise they learn that it's how I handle things that is how they Will also learn themselves.*

15/05/2024

- Very interesting, I have already recommended it to two people I know whom I think it would help.*

29/09/2024

- I really learnt a lot from this course and really enjoyed learning new ways to help with my parenting so its a good experience for me and my child*

26/10/2024

Understanding Child with Additional Needs

Thank you for the great resources and course. I have got some new insights into my children's world!

2/04/2024

Thank you I'm taking away a lot from this course

31/05/2024

Understanding Teenage Brain

- Really helpful to understand why teenagers behave the way they do. It's such an eye opener! Thank you!*
- I feel that its helped me understand being a teenager and making it feel like i'm normal since i'm not the only one feeling this.*
- I liked how it broke the information down, the layout and that it had audio to help me follow it.*
- Really helpful to understand why teenagers behave the way they do. It's such an eye opener!*






In the last Module we explored how important it is to understand your child's stage of development and that sometimes her behaviour is related to the things she is currently learning. It can be quite stressful to learn new things and we all need someone to be calm and patient with us. Sometimes we need to put ourselves in someone else's shoes to be able to understand what they are doing and how they're behaving.

We also saw how easy it is to take behaviour at face value but that this doesn't always tell us the whole story. Sometimes we need to look 'beneath' the behaviour to understand the emotional feelings that are leading to that behaviour.

You may want to go back to Module 3 to refresh your knowledge or you can click Next to continue in Module 4.



On a day that's going well with your child what kinds of things do you think or feel? Make a note in your Notebook () and then click on the characters to see some other parents' views.



[Dashboard](#) [Courses](#) [Library](#) [Subscriptions](#) [FAQs](#) [Privacy](#) [Support?](#)

Although it can be exhausting being a parent (especially a parent of children with additional needs), the girls can be so adorable at times and that makes it all worthwhile!



↓ Anwaar

On a good day I feel confident that I know what it takes to be a good parent.



↓ Graham

I feel that I understand my children well some of the time. Definitely not all of the time!



KEY MESSAGES

- This is not replacing face to face parenting programmes
- Free for parents, parent to be, carers, grandparents and friends. All Surrey residents
- No training needed
- Recognises families access advice & support in different ways. Offer menu of options to access support.
- Focus on **building a relationship** with your child understanding you and your child's emotional interaction and impact on behaviour to support parenting
- Offers latest evidenced based advice to anyone working/ caring for children and Solihull Approach resources to download
- Ages range from pregnancy, preterm, first months, pre-school, school years ,teenage brain, emotional well being. Children with additional needs and disabilities. Family trauma.



NEXT STEPS

- Register yourself and **try it out** if do not have Surrey address use clinic postcode

<https://childrenshealthsurrey.nhs.uk/services/free-online-guides-families>

[Register for free online guides for families - Surrey County Council](#)

- If appropriate consider supporting parent to register, work through together or refer to family centre, Home Start to support work and use their equipment if needed to access courses.



Children and Family Health
Surrey

Understanding pregnancy, labour, birth and your baby

Free midwifery-led online antenatal course for you to follow in your own time. For everyone in your baby's family.

- Getting to know and bonding with your baby before birth
- Stages of labour
- Preparing to welcome your baby
- Supportive resources and tips for staying calm
- Women couples tailored version

Designed by clinical psychologists in partnership with registered midwives, health visitors and parents.

Residents of AREA NAME

Use Access Code
ACCESS CODE

In paid partnership with:

www.inourplace.co.uk

Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- 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

Designed by clinical psychologists in partnership with practitioners and parents

www.inourplace.co.uk