

Supporting emotional health and wellbeing from 0–19+




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Free online courses for all parents, carers, grandparents and teens for residents of MUL AREA

- 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 professional practitioners and parents.

For more information
 [inourplace.co.uk](https://www.inourplace.co.uk)



Understanding pregnancy, labour, birth and your baby



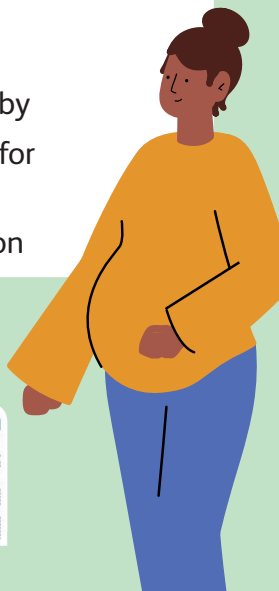
Understanding pregnancy, labour, birth and your baby

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 and health visitors.

For more information
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Understanding your baby



Understanding your baby

Free online postnatal course for you to follow in your own time. For everyone in your baby's family.

- Getting to know your baby and their unique ways of communicating
- Feeding, sleeping, playing and soothing guidance
- Supportive resources for your mental wellbeing
- With professional translations in Urdu, Modern Standard Arabic and Welsh

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

For more information

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