CYPSP
Children & Young People's Strategic Partnership

SOLIHULL APPROACH COURSES

Free online courses for all parents, grandparents and carers of children and young people in Northern Ireland



Course explainers facts and descriptions

Course descriptions and summary content explained for Parents/Carers



Supporting Emotional Health & Wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens for residents of Northern Ireland.



Understanding pregnancy, labour, birth and your baby

This course explains how and why you are so important to this baby, whether you are the mother, father, partner, grandparent or birth partner. 9 Modules available 24/7 take course any time and place.



Understanding your preterm or sick baby

Online courses for parents and families of babies receiving neonatal care. Postnatal course uniquely tailored by clinical psychologies in partnership with health professionals and parents. To support you to develop your relationship with your baby. Easy to follow modules, access online anytime, anywhere



Understanding Your Baby

This course gives you information about your baby's brain development and physical and emotional development. Online course for residents of Northern Ireland 'Understanding your baby' 11 Modules Available 24/7 Take any time. Any place. It integrates the traditional information given on a postnatal course with this new approach to developing your relationship with your baby.



Understanding your Child's Feelings

This course allows you to experience a taste of what to expect before engaging in one of our main courses Understanding your child or Understanding your child with additional needs.



Understanding your child: from toddler to teenager

A free online course focusing on effective communication techniques, reading your child's behaviour & understanding their feelings and how to nurture your child's emotional health.



Understanding your Child

Popular online course about being the best parent, grandparent or carer you can be. Covers from 0-19 years. Award-winning content you can trust; written by Psychologists, Psychotherapists, Health Visitors and NHS Professionals.



Understanding your child with additional needs

This course covers how your child develops, understanding how your child is feeling, tuning into what your child needs, difference styles of parenting and why is sleep in important.



Understanding your child's mental health and wellbeing

This course accompanies our main courses Understanding your child or Understanding your child with additional needs and comes in two parts - Part one for an introduction to mental health and wellbeing, then complete main course, and Part two for further understanding of anxiety, depression and more.



Understanding your Teenager's Brain

Find out what happens to the brain as a child hits adolescence in this short course.
See how this explains some of the changes in their behaviour that you may have noticed.

Get Started at

cypsp.hscni.net/free-online-parent-training-solihull/