

FREE online courses for parents grandparents, carers, foster parents, family members and friends

The courses aim to help you support a child from pregnancy until the age of 18.

Available courses include:

- Understanding pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child

All courses have been written and approved by health professionals.

Please see the back of this postcard for details on how to access the free courses*

To access the **FREE** online courses for parents visit:
www.inourplace.co.uk

Register your details

Enter the Access Code: **APPLEHERE**

For technical support email:

solihull.approach-parenting@heartofengland.nhs.uk

Or call: 0121 296 4448 (Mon – Fri 9am – 5pm)



*All courses are fully funded by Herefordshire Council and are free to Herefordshire residents