



[Free online parenting courses include:](#)

How your child develops 26 Units

Introduction to how the course works, lots of great information about what is going on inside your child's brain and how this affects their behaviour.

Understanding how your child is feeling 21 Units

Exploring the signs and signals that tell you how your child is feeling.

Tuning into what your child needs 16 Units

Tuning into what your child needs

Responding to how your child is feeling 20 Units

Responding to how your child is feeling

Different styles of Parenting 14 Units

Different styles of Parenting

Having fun together 16 Units

Having fun together

Rhythm of interaction 18 Units

In this session we're going to look at what's called the Dance of Reciprocity, the way that we communicate with each other and our children. We are going to think about what this teaches us about managing feelings and behaviour.

Why sleep is important? 16 Units

In this session we're going to explore how sleep is directly linked to your child's healthy development as well as to their mental and physical wellbeing. We are also going to explore the link between reciprocity and everyday behaviours such as sleep.

Self Regulation and Anger 20 Units

In this session we're going to continue looking at self-regulation and think about the way in which our understanding of the Dance of Reciprocity affects self-regulation

Communication and tuning in 20 Units

In this session we're going to look at how the way we communicate shapes and reflects the relationship between parent and child. Because the ways we communicate are not always perfect and we're not always in tune with our children, we're going to explore how to make things better.

Looking back and looking forward 13 Units

This session will be a little different as it's the last one. We're going to draw the course to a close, reflect on containment and reciprocity, and summarise what has been going on over the last 10 modules.

For further information about the course visit www.inourplace.co.uk

For technical queries email solihull.approach@heartofengland.nhs.uk or ring 0121 296 4448
Mon-Fri 9am-5pm

