

An update on

WELLBEING FOR SCHOOL PARENTS

From inourplace.co.uk

An NHS learning space developed by psychologists



December 2024

Did you know you can access free learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children and make sure they thrive?

Here's a quick round up of what we think is great on [Inourplace](https://inourplace.co.uk) this month.

All feelings welcome



Why is it important to name feelings?

By Clinical Psychologist, Dr Hazel Douglas MBE.

Understanding emotional health is the first step to wellbeing. This video introduces a short course on understanding your child's feelings

[\(2 minute watch\)](#)

Sleep trouble?



Five common sleep issues for babies and young children

[\(easy reads and watch digital hub\)](#)

What are the early signs of an eating disorder?



Eating disorder awareness for parents



The Psychologist's view

[\(5 minute read\)](#)

A wellbeing guide for SEND parents



Understanding your child with additional needs

Your parenting guide for neurodiversity or other SEND considerations

[\(bitesize e-learning\)](#)

Process trauma with resilience



Understanding your own trauma

Private learning to confidently move on from traumatic experiences

[\(bitesize e-learning\)](#)

Learn why your kids act the way they do



Understanding your child: from toddler to teenager

Online course empowering your parenting anytime, anywhere

[\(bitesize e-learning\)](#)

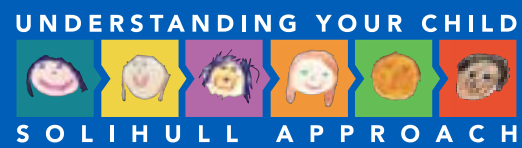
FREE ACCESS

You're receiving this update as your school is based in a free (funded) access area for [inourplace.co.uk](https://www.inourplace.co.uk)

Find the Free Access Checker button in the course library to unlock free online learning that could change your relationship with your child for the better.

Evidence based - Created in the NHS - Private and available anytime, anywhere

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