

Information for parents and carers

What is this free access code for?

It is for an enjoyable and popular online learning course called “Understanding Your Child” for parents and carers. The course has been written by the Solihull Approach, which is a well recognised NHS provider of information and courses for parents. The online course normally costs £39 for each user.

Who is this course for?

For ALL parents or carer of any child from birth to age 18 years. You don't need to be struggling. This course is relevant to parents of all children, including those with special needs, autism, ADHD etc.

What's the evidence supporting this online course?

Research shows that this online course helps reduce conflict in families and increase closeness. Families tell us this course helps with managing children's strong feelings, family communication, understanding each other and behaviour. We are actively involved in evaluating all our groups.

What will I need to complete the online course?

All you need to get started is your coupon code, an up-to-date internet browser on a computer, laptop, tablet or smartphone (the local libraries or your school may be able to provide access to this), and an email address. Go to our website, inourplace.co.uk, click on 'Start now', register as a new user by entering your email address and a password, scroll down to the 'Understanding your child' box (with a green heading) and click 'Take Course', click 'Already got a coupon code?' and enter your code/coupon as instructed.

How much time does the course take?

It has 11 sessions which take about 20 minutes each. We recommend you do about one session a week. There are activities for you to try between your online sessions which can enhance your learning.

How do I get started?

Go to our website (www.inourplace.co.uk/learn-now) register and follow the instructions about using a coupon.

Does my access code expire?

Your coupon may have an expiry date, depending on where it came from. However you only need to use the code the first time you enter the course, after that your log-in details will NOT expire and you can access the course for years to come, as your child grows. So get going ASAP and continue at your leisure!

Can I get more codes for friends or other family members?

Yes it is possible to buy a coupon code as a gift. Go to www.inourplace.co.uk – click on Online Courses and follow the instructions How to Purchase, clicking on Buy as Gift when prompted.

Got more questions? Contact the Solihull Approach

Ring us on 0121 296 4448 or email us on solihull.approach@heartofengland.nhs.uk