



**Help promote our FREE online guide to
'Understanding your child'
(for parents of children aged 0-18)**



UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

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You have received this email as someone who is interested and plays a key
role in health matters in Warwickshire.

Our mailing address is:
Warwickshire County Council
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Warwick, Warwickshire CV34 4RR
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The '**Understanding your child**' online guide is for parents of children aged 6 months up to 18 years. It has been designed by NHS experts and is part of the nationally celebrated 'Solihull Approach' programme, which supports mums, dads and carers to develop positive relationships with their infants, children, and young people. In turn, this helps build the longer-term emotional strength and wellbeing of children, so they're able to bounce back in life.

By the time children reach 14 years of age, 50% of mental health problems are already established, so we know we need to act earlier in Warwickshire to help grow parents' confidence, understanding and responsiveness to their infants and children.

Why an online guide?

Recently research with over 1,127 local mums and dads in Warwickshire found that they had wanted more opportunities to learn about being a parent, make sense of their children's development and behaviours, and feel reassured that they were doing the right things. Online learning won't suit all parents but it can play a useful role, particularly for working parents.

Marketing the guide

We want to create a positive shift in Warwickshire, where by **ALL** parents and carers want to access this kind of learning. We do not want any parent to view this learning offer as criticism, but rather as something that **every parent does as a matter of choice**.

How can the course be accessed?

Parents can go to warwickshire.gov.uk/parentguides where they will find the registration codes to access the Guide for free, and a link to the **In Our Place** homepage for the course.

What you can do

Please use our electronic '**Launch Resource Pack**' to help promote this guide to parents and carers.

Thank you for your help!

For further information contact:

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