

Information for parents and carers

What are these free access codes for?

They are for enjoyable and popular online learning courses for parents and carers, called: 'Understanding your pregnancy, labour, birth and your baby'; 'Understanding your baby'; and 'Understanding your child'. The courses have been written by the Solihull Approach, which is a well recognised NHS provider of information and courses for parents. The online courses normally cost between £19-£39 each.

Who are these courses for?

For ALL parents-to-be, parents, grandparents or carers of any child from the antenatal period 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 is the evidence supporting these online course?

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

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 the website www.inourplace.co.uk, click on 'Start now', register as a new user by entering your email address and a password, scroll down to the boxes with coloured headings, choose the course for you and click 'Take Course', click 'Already got a coupon code?' and enter the relevant code/coupon as instructed.

How much time do the courses take?

They have between 9 and 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 the website www.inourplace.co.uk, register for an account and follow the instructions about using a coupon.

Do my access codes 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.

More questions? Contact the Solihull Approach

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