

**Universal Offer**

Course Title and Key Facts	Brief Description	In One Line
<p><b>Understanding your pregnancy, labour, birth and your baby</b></p> <p>9 modules reflecting a 6 week in-person antenatal course.</p> <p>For mothers, fathers, carers and grandparents, anyone in your new baby's bubble</p> <p>Also, with professional translations in Modern Standard Arabic, Polish, Welsh, and Urdu.</p>	<p>Getting to know your baby in the womb can be an important part of bonding with your child. This course includes the traditional information you might expect from an antenatal course with information on preparing to give birth, welcoming and comforting your new baby alongside thinking about your emotional health and helping you to reflect on ways to connect with your baby.</p> <p>Audio recordings, professional translations in 4 languages.</p>	<p>Preparing to give birth, bonding with your new baby, and thinking about your emotional health.</p>
<p><b>Understanding your pregnancy, labour, birth and your baby for women couples</b></p> <p>9 modules reflecting a 6 week in-person antenatal course.</p> <p>For mothers, partners, carers and grandparents, anyone in your new baby's bubble</p>	<p>Sharing experiences from women couples expecting a baby, this course includes the traditional information you might expect from an antenatal course with information on preparing to give birth, welcoming and comforting your new baby alongside thinking about your emotional health and helping you to reflect on ways to connect with your baby.</p>	<p>Informed by other women couples, preparing to give birth, bonding with your new baby and thinking about your emotional health.</p>
<p><b>Understanding your baby</b></p> <p>11 modules reflecting a 6–8-week in person course.</p>	<p>Understanding your baby's physical and emotional development can help you to develop a nurturing relationship supporting them to thrive. This course</p>	<p>Understanding your baby's physical and emotional development for a nurturing relationship supporting them to thrive.</p>

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<p>For mothers, fathers, carers and grandparents, anyone in your new baby's bubble.</p> <p>Also with professional translations in Urdu, Modern Standard Arabic and Welsh.</p>	<p>includes the traditional information you might expect from a postnatal course relating to sleeping, feeding, crying and playing with additional information on the importance of relationships for your baby's brain growth and development.</p>	
<p><b>Understanding your sick or preterm baby in hospital.</b></p> <p>For parents and families experiencing neonatal care for their babies in hospital</p>	<p>A supportive resource to help parents develop a close and connected relationship with their baby when they find themselves managing a range of emotions and a busy clinical care environment. The course includes supportive guidance around baby development milestones relating to feeding, sleeping, and crying and helpful signposts informed by parents with shared experience.</p>	<p>Developing a close and connected relationship with your baby when you may be feeling overwhelmed.</p>
<p><b>Understanding your sick or preterm baby now you're home.</b></p> <p>For parents and families settling in at home with their preterm or sick baby</p>	<p>A supportive resource to help parents develop a close and connected relationship with their baby while considering the additional worries related to additional specialist baby care. The course includes supportive guidance around baby development milestones relating to feeding, sleeping, and crying and helpful signposts informed by parents with shared experience.</p>	<p>Developing a close and connected relationship with your baby as you adjust to a new environment at home.</p>
<p><b>Understanding your child</b></p> <p>Recognised by the Early Intervention Foundation</p> <p>11 modules reflecting a 10 week in person course.</p> <p>For all parents, carers and grandparents of children aged up to 19.</p>	<p>No matter your family set up the important relationships in your child's life help shape their emotional health and wellbeing. This transformative course offers a reflective space to think about your child's development, their behaviour and how they are communicating. It is created by clinical psychologists, child psychotherapists, and family practitioners in partnership with parents who share their experiences.</p>	<p>Developing the important relationships in your child's life which help shape their emotional health and wellbeing.</p>

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Also, with professional translations in Bulgarian, Welsh, Modern standard Arabic, Polish, simplified Chinese, Somali and Urdu.		
<b>Understanding your child with additional needs</b>  For parents and families of children who may have additional needs or are differently abled and those who may have a disability (physical or learning)	Understanding your child and their additional needs or different abilities can make it easier to work with your child's behaviour as well as supporting their development. This course looks at some aspects of parenting: sleeping and anger management, together with more about how we interact with each other. It follows the same principles of the other Solihull Approach courses and is informed by parents in similar circumstances.	Understanding your child and their additional needs to make it easier to work with their behaviour as well as supporting their development.
<b>Understanding your teenager's brain</b>  For all parents, carers, and grandparents of teenagers  Also, with professional translations in Urdu, Modern Standard Arabic, and Welsh.	Our brains develop rapidly in adolescence changing the way we feel, express ourselves and behave. This short course helps explain some of the changes you might have noticed in your teenage and helps you think about support you may be able to offer.	Understanding the rapid development of our brains in adolescence and what this means for their mental health.
<b>Understanding your brain (for teenagers only)</b>  For teens, adolescents, and young adults	Written for teenagers with teenagers. Our brains develop rapidly in adolescence changing the way we feel, express ourselves and behave. This course shares some of the science behind this and may help you process some of your feelings and how they're changing.	Understanding the rapid development of your brain as you grow and what this means for your mental and emotional health.
<b>Understanding your feelings (for teenagers only)</b>  For teens, adolescents, and young adults	Written for teenagers with teenagers. You may be feeling overwhelmed, confused, anxious or frustrated, this course is designed to help you recognise and manage your feelings.	Understanding your feelings, your mental wellbeing and how to manage them.

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<p><b>Understanding your child's feelings (a taster)</b></p> <p>For all parents, carers and grandparents of children aged up to 19</p>	<p>Our bitesize introduction to understanding your child, their feelings and how to support and nurture their emotional development.</p>	<p>Understanding your child, their feelings and how to support and nurture their emotional development – an introduction.</p>
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