

An update on

WELLBEING FOR SCHOOL PARENTS

From inourplace.co.uk

An NHS learning space developed by psychologists



May 2025

inourplace is funded in your area to provide your family with free access to expert 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.

End of term prep for school moves



Moving up

A digital hub of resources for parents to help you navigate and support your child to thrive as they move up or start a new school

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

Adolescence: Emotional health for boys



How parents can raise emotional skills development for young boys



The Child Psychologist and Psychotherapist's view

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

The child development and wellbeing course for parents

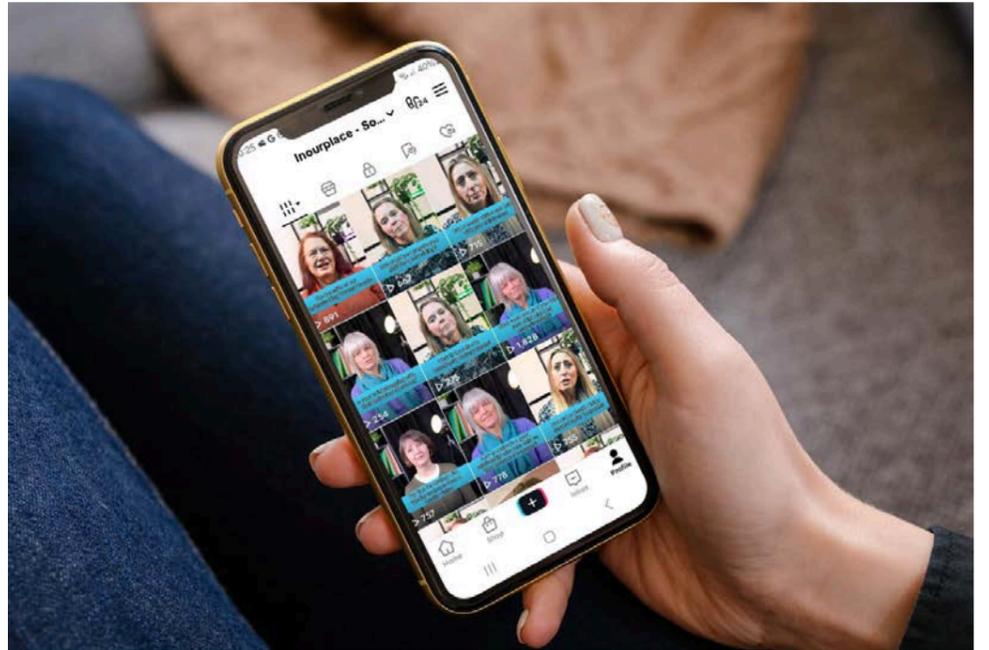


Understanding your child: from toddler to teenager

Online course empowering your parenting anytime, anywhere

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

Expert insights for your parenting



Follow us on TikTok

Short films on sleep, toddler tantrums, school behaviour, teenagers and much more

[\(bitesize video content\)](#)

Navigating nightmares and night terrors



My child is having nightmares or night terrors

Advice and guidance from Clinical Psychologists and Health Visitors with parent voices

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

Talking about big world problems



How to talk to your child about events in the news without making them anxious



The Psychologist's advice

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

FREE ACCESS

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

Find the [Free Access Checker](#) 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

Follow the Solihull Approach on social media



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