

Solihull Approach
Heart of England NHS Foundation Trust
Bishop Wilson Clinic
8 Craig Croft
Chelmsley Wood
Solihull
B37 7TR

TEL:0121 296 4448

Email: solihull.approach@heartofengland.nhs.uk

Dear Parents, Carers and Grandparents,

We are delighted that your child's school have purchased access to our evidence based, accredited, interesting and informative online course all about children's emotional development and behaviour.

'Understanding your child' is for all parents and carers, you don't need to be experiencing any difficulties with your child. We hope you take advantage of this fantastic offer and enjoy the course.

If you would like to know more about the course or the team behind it please check out our websites www.inourplace.co.uk or www.solihullapproachparenting.co.uk.

Find out the Access Code from the school and redeem it at www.inourplace.co.uk before the expiry date for ongoing, life-time access.

For technical support please email solihull.approach-parenting@heartofengland.nhs.uk or ring us on 0121 296 4448.

Yours sincerely



Dr Rebecca Johnson
Consultant Clinical Psychologist
Solihull Approach Development Manager



What do parents say about the online course?

"The Solihull Approach course made it clear parents don't need lessons: daily life throws us enough of those. What we need is the space to step back and observe our children. We need some structured guidance to help us reflect on all the factors that make them behave the way they do; some developmental, some circumstantial."

"I have found the online course very useful. Now, I take time to think more during difficult situations and during arguments with my kids."

"It doesn't work all the time but bit by bit, we are working towards a less confrontational household!"

"The key to reducing "bad" behaviours is understanding your child as an individual and their emotional triggers and how you can work with them to manage them. Hooray! Thanks St Nicks... you've save me £40 and reassured me that I'm using the right approach 😊..."

"Loving the parenting online course, excellent!!!!"

NB The Solihull Approach is a not-for-profit organisation within the Heart of England NHS Trust. You will be asked to create an account at www.inourplace.co.uk in order to resume your place on the online course. The Solihull Approach may very occasionally email you about updates to the course. We will NOT pass your details on to any third party. This includes your child's school.