

Universal Parenting resources:

Webpages:

There are a number of resources that have been created that parents/carers can be signposted to should they not require a targeted intervention. Using our 'five to thrive' key messages as a starting point, resources are available to support families to self-help during lockdown measures. This includes learning activities to do at home and short videos to support parents with play, parenting, child health and emotional resilience. The content initially focuses on the early years age group in order to improve the home learning environment.

The Early Help Parenting offer page can be found here: [Being a parent • Salford City Council](#)

Overview of Solihull courses:

- The main courses have a voiceover for people with low literacy levels or who have an auditory learning style.
- 'Understanding your Baby/child' is available in English, Urdu, Arabic, Bulgarian, Chinese and Polish and a significant number of other languages can be translated into via a built-in widget when using Google chrome.
- All are evidence based and have a built in pre and post measure based on widely used research measures.
- Modules take approx. 20 minutes to complete.
- Parents need an e-mail address to register.
- Solihull provide dedicated tech support with any issues (see postcard for details)

'Understanding your Baby':

This course gives parents information about their baby's brain development and their baby's physical and emotional development. It shows how important their relationship with their baby is for the baby's development. It integrates the traditional information given on a postnatal course with a new approach to developing a relationship with their baby. It looks at the baby's sleeping, feeding, crying, playing and childcare options.

Module 1 Understanding feelings: both yours and your baby's

Module 2 Understanding your baby's brain

Module 3 Understanding your baby's crying

Module 4 How to respond to crying

Module 5 Understanding your baby's rhythms

Module 6 Developing healthy sleep patterns

Module 7 Understanding your baby's feeding

Module 8 Who's the Daddy now? – I'm the Daddy!

Module 9 Understanding your baby's development and play

Module 10 Understanding your baby's childcare

Module 11 Congratulations

‘Understanding Your Child’:

Covers age range 1-19 years. The course builds on the idea that children and young people’s behaviour is connected to feelings. All feelings are relevant to understanding behaviour – including yours. To get the most from the course we recommend working through all the Modules. This way you will pick up key ideas – a framework for thinking about what is happening in your family that you can use as your child or teenager grows.

You will find examples for different age ranges throughout the course. Feel free to click on the ones that are relevant to you and ignore the ones that aren’t.

Module 1 How your child develops

Module 2 Understanding how your child is feeling

Module 3 Tuning into what your child needs

Module 4 Responding to how your child is feeling

Module 5 Different styles of Parenting

Module 6 Having fun together

Module 7 Rhythm of interaction

Module 8 Why is sleep important?

Module 9 Self-Regulation and Anger

Module 10 Communication and tuning in

Module 11 Looking back and looking forward

‘Understanding Your Teenager’s Brain’:

Covers the teenage years but can be recommended from Year 6 plus depending on needs of family. In this course parents find out what happens to the brain as a child hits adolescence in this SHORT course. It explains some of the changes in their behaviour that may have been noticed.

Module 1 Welcome and introduction

Module 2 Teenager's brain development

Module 3 Teenagers and reading faces

Module 4 Risk taking

Module 5 Risk taking and friends

Module 6 Sensitive to rejection

Module 7 Teenagers and sleep

Module 8 Review