**Family Hub news to share with parents**

Hounslow’s Family Hubs has partnered with the Solihull Approach to offer **free** access to expertly designed online courses for parents, carers, grandparents and teens living in the borough. Key highlights of the Solihull Approach online courses include:

* **Understanding your child's emotional health and brain development**: Parents will gain insights into the science behind their child's brain development, helping them make informed decisions that support healthy cognitive growth.
* **Reading your child's behaviours:** These courses will provide parents with tools to interpret and respond effectively to their child's behaviours, fostering positive interactions and reducing stress for both parents and children.
* **Developing communication:** Parents will learn strategies for open and effective communication that will strengthen the parent-child bond and promote emotional well-being.

Courses include:

* Understanding pregnancy, labour, birth and your baby
* Understanding your baby (0-12 months)
* Understanding your child: from toddler to teenager (6 months - 19+ years)
* Understanding your child with additional needs (6 months - 19+ years)
* Understanding your child's mental health and wellbeing
* Understanding your teenager's brain
* Understanding your feelings (for teenagers)
* Community languages

To access the courses, Hounslow residents can visit [www.inourplace.co.uk](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.inourplace.co.uk%2F&data=05%7C01%7CAngela.Doidge-Nelson%40hounslow.gov.uk%7C0b93718387764136c76308dbb07380b9%7C5b62666662464c9bacc7716a5a94bd03%7C0%7C0%7C638297782340803051%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=StgS9PruwzNhfHgZOrx50vJoTcT1dm0b63Vlm67HgpQ%3D&reserved=0) and follow the simple registration process, inputting the access code LBHPARENTS.

Online courses are designed to be accessed anytime, anywhere and are completely private and personal to each learner.

For more information, click [here](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Finourplace.co.uk%2Fhounslow%2F&data=05%7C01%7CAngela.Doidge-Nelson%40hounslow.gov.uk%7C0b93718387764136c76308dbb07380b9%7C5b62666662464c9bacc7716a5a94bd03%7C0%7C0%7C638297782340803051%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=8ftnwl11z5r%2BpOSs0OYI%2FN7zd89C%2Fm%2Fn0MTGdlLZies%3D&reserved=0).