



Did you know North Yorkshire County Council have PRE-PAID for every parent and carer in North Yorkshire to access a range of courses for parents/carers (access now for life-long access)?

There are courses for parents, carers and grandparents about children from bump to 19+ years, from the [Solihull Approach](#) (NHS).

➤ www.inourplace.co.uk

➤ Access code: **NYFAMILIES**

- Understanding your pregnancy, birth, labour and your baby
- Understanding your baby
- Understanding your child (0-19+ yrs, main course)
- Understanding your child with additional needs (0-19+ yrs, main course)
- Understanding your child's feelings (taster course)
- Understanding your child's brain (short course)
- 'Understanding your brain (for teenagers only)'
- Understanding your child's mental health and wellbeing (accompanies UYC and UYCAD)

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