



WHITE HOUSE FARM
PRIMARY SCHOOL

We strongly encourage all our parents/carers to sign up for the FREE Parenting and Child Education courses available through Just One Norfolk's website.

Online Learning
Free for Norfolk families!

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

The Solihull Approach 'Understanding Your Child' is a free online course available for everyone who cares for children aged 0-18 years. It's there to help you recognise emotions in yourself and your child to see how they can impact on behaviour. The course can help increase your confidence as a parent / carer so that difficulties encountered in everyday life are reduced by seeing the child's behaviour from their point of view. A closer relationship between you and the child can develop, resulting in a calmer and happier household for everyone.

There are multiple online courses available, including:

- Labour, birth and your baby
- Understanding your baby
- Understanding your child
- Understanding your teenager's brain
- Understanding your brain (for teenagers only!) (New)

These are all available to download for free (usual cost of £39) using the code: **JON70**. The code is valid for this year only. After that, registering may not be free. However, courses already downloaded with the code will stay live for years to come.

1. Go to www.bit.ly/sa-learning
2. Click 'Buy Course or Apply Code' for the course you are interested in e.g. '*Understanding your Child*'.
3. Enter the access code: **JON70**
4. You will need a valid Norfolk postcode and an e-mail address to sign up.
5. Revisit the course as often as you want, or access the next one, as your child grows!