

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

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

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 or 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

These are all available to download for free (usual cost of £39), using the code: **JON70**. The code has been paid for centrally and is valid for this year only. After then, registering won't be free. However, courses already 'bought' with the code will stay live for years to come.

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