

Understanding your child free online parenting courses

Kent parents and carers can now access courses to support them at every stage of their child's development.



There are four separate courses starting during pregnancy and continuing up until a child's 19th birthday.

There are four separate courses including:



1. Understanding pregnancy, labour, birth and your baby

For anyone who is expecting a baby including friends and family.

- Increases parent and carer confidence.
- Helps build loving and close relationships between children and their carers.
- Has information on pregnancy, labour and birth.

Course is available in English, Urdu and for women only couples.

2. Understanding your baby

For anyone caring for a baby from birth to 12-months-old.

- Increases parent and carer confidence.
- Supports baby's development.
- Helps build loving and close relationships between children and their carers.
- Has information on sleep, feeding, crying, and playing as well as childcare options.



3. Understanding your child

For anyone caring for a child from birth to 18.

- Increases parent and carer confidence.
 - Supports positive relationships between parents/carers and children.
 - Adds simple, practical strategies to the parenting toolbox.
- Course is available in English, Urdu, Bulgarian, Arabic, simplified Chinese and Polish.

4. Understanding your teenager's brain

For anyone caring for a teenager in Kent.

This helps parents and carers understand what happens to the brain of a child as they go through adolescence and understand some of the behaviours they might be noticing. There is also a course designed for teenagers to access themselves.



How to access the courses

Families can visit www.inourplace.co.uk and register for a free account with the access code 'Invicta'. Courses can be completed at an individual's own pace.

If the course raises any concerns for a child or parent/carer's wellbeing, they can contact their midwife, health visitor or School Health Team for more support.

Contact for more support:

A healthy childhood and adolescence is one of the key foundations for a healthy life. Kent Community Health NHS Foundation Trust's health visiting and school health teams are here to support you.

Health Visiting Service

Visit www.kentcht.nhs.uk/kent-baby/

to visit our information hub and to find health visiting teams' contact details.

School Health Service

Visit www.kentcht.nhs.uk/school-health/

or call 0300 123 4496 to speak confidentially to a member of the team.



This service is provided by Kent Community Health NHS Foundation Trust on behalf of Kent County Council.