

# Understanding your child online parenting courses

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[kentcht.nhs.uk/leaflet/understanding-your-child-free-online-parenting-courses](https://kentcht.nhs.uk/leaflet/understanding-your-child-free-online-parenting-courses)

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## Leaflets

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## Free online courses starting during pregnancy and continuing up until a child's 19th birthday

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Helping to build loving and close relationships between children and their carers. These courses are available in 15 to 20 minute chunks and in a variety of languages.

1. [Understanding pregnancy, labour, birth and your baby.](#) Has information on pregnancy, labour and birth.
2. [Understanding your baby.](#) For anyone caring for a baby from birth to 12-months-old. Supports baby's development. 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. Adds simple, practical strategies to the parenting toolbox.
4. [Understanding your child's feelings \(a taster course\)](#)
5. [Understanding your teenager's brain](#) - 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.

6. Understanding your teenager's brain (for teenagers themselves) - Find out what's happening in your brain! Your brain changes as you hit adolescence. Going to sleep later? See how the changes in your brain explain some of the changes in your behaviour.
7. Understanding your child with additional needs. For anyone caring for a child with special needs. Looks at some particular aspects of parenting such as sleep and anger management, helping to make it easier to work with your child's behaviour.
8. Understanding your child's mental health and wellbeing
9. Understanding your relationships. A course for adults, young people, and older adults covering communication, anger, conflict, repair and more.

## How to access the courses

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Families can visit [www.inourplace.co.uk](http://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.

## Contact us

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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.

Kent Baby has a range of information for parents of children under five including ways to contact your local Health Visiting Team.

Kent School Health has lots of useful resources for parents of children over five. You can also call 0800 0113474 (Monday to Friday, 8am and 6pm) to speak confidentially to a member of the team.

[Go to service page](#)



## Do you have feedback about our health services?

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0800 030 4550

8.30am to 4.30pm, Monday to Friday

**Text:** 07899 903499

[kentchft.PALS@nhs.net](mailto:kentchft.PALS@nhs.net)

[kentcht.nhs.uk/PALS](http://kentcht.nhs.uk/PALS)

Patient Advice and Liaison Service (PALS)  
Kent Community Health NHS Foundation Trust  
Trinity House, 110-120 Upper Pemberton  
Ashford  
Kent  
TN25 4AZ



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If you need communication support or this information in another format, please ask a member of staff or [contact us](#) using the details above.

