



Plymouth High School for Girls

"For life, not school, we learn"

10th June 2020

Dear Parent/Carer,

Please see below a new set of online parenting courses that Plymouth Local Authority have just purchased and made available to every resident for free. These are really well reviewed and professionally backed courses. Information can be found below, where you can also find the code for free access if you choose to register: Attached are two attachments relating to these courses.

FREE ONLINE COURSES FOR RESIDENTS OF DEVON, TORBAY AND PLYMOUTH

- ⦿ Understanding your pregnancy, birth, labour and your baby
- ⦿ Understanding your baby
- ⦿ Understanding your child
- ⦿ Understanding your teenagers brain

These courses are for everyone who wants to be the best mum, dad, grandparent, carer that they can be. The Solihull Approach aims to improve emotional health and wellbeing by supporting relationships (www.solihullapproachparenting.com). The courses are written by Children and Adolescent Mental Health (CAMHS) professionals with other health and education workers. They are evidence based and accredited by the Department for Education.

Best wishes

Mrs Payne
Safeguarding Lead