

# Understanding your child with additional needs

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



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# Understanding your child: from toddler to teenager

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# Understanding your teenager's brain

Free online course for all parents, carers, grandparents.

- Understanding your teenager's brain development in adolescence
- Reading your teenager's behaviour and understanding their feelings
- Reflecting on the importance of your relationship and how to nurture your teenager's mental health

Designed by clinical psychologists in partnership with practitioners and parents



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# Understanding your own trauma

To support your emotional wellbeing, this online course is designed to help learners to:

- understand the diverse nature and impact of trauma experiences
- learn effective ways to process trauma
- nurture resilience through healthy relationships
- understand more about emotional health and wellbeing

Created by experts in trauma and recovery  
Private, self-paced learning available any time



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