



Free SEND Parent Carer Course

Trafford are running a series of parenting courses based on the Solihull approach. Trafford parents can access these online courses free. See the leaflet below and for more details go to:

www.inourplace.co.uk

There are lots of other helpful courses and services that have been commissioned to meet the needs of parent carers in Trafford including:

- [Trafford Sunrise](#) - support for parents of children aged 5-12 years coping with difficult feelings and/or behavioural difficulties.
- [Sleep Tight Trafford](#) - 1 to 1 clinics for any parent whose child is struggling to sleep and specialist Sleep clinic for children who are under the care of a paediatrician or HYM.
- [Coaching Inside and Out](#) - work with a life coach to bring about change in your life, a service for adults, families and young people across Trafford.
- [YES - Trafford Youth Engagement Service](#) - provides a wide range of opportunities for young people to access support and information in a safe, non-judgmental and confidential manner.
- [Kooth](#) - free anonymous online counselling, advice and mental health support service for young people in Trafford aged 11-18.
- [Engage Mentoring](#) - intensive mentoring and group activity sessions for young people aged between 8 and 16.
- [Young Carers](#) - work with young carers offering one to one support, groups and activities and support at school.

See our [Early Help page](#) for more information.

https://www.trafforddirectory.co.uk/kb5/trafford/fsd/advice.page?id=MRHTH8bl_o

ONLINE course for residents of TRAFFORD
Register Online and gain FREE (prepaid) access*

*where eligible

Part of the Solihull Approach series
14 Modules
Available 24/7

Go to:
www.inourplace.co.uk
and enter the 'access code'

WATERPARK

To return to the course(s), go to
www.inourplace.co.uk and sign in

For technical support contact
solihull.approach@heartofengland.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm



Understanding your child with additional needs

For everyone around the child:
Mums, Dads, Grandparents,
friends and relations

[SolihullApproach](https://www.facebook.com/SolihullApproach)
www.inourplace.co.uk

[@SolihullApproach](https://twitter.com/SolihullApproach) (NB: 1 P)
www.solihullapproachparenting.com

'Understanding your child with additional needs'

A new online course for parents.



This online course is for parents, relatives and friends of children who have a physical or learning disability, or may have autistic traits. In the UK, you may be within the SEND (Special Educational Needs and Disability) system. Some parents describe their child as differently abled, or neuroatypical.

It is equivalent to a:

10
SESSION GROUP

A **BIG** course, with lots of relevant content.

This course is in two sections:

Level 1

Lays the foundation for understanding your child.

Level 2

Looks at some particular aspects of parenting: sleeping and anger management.

Once you've finished level 1 you can progress onto level 2 if you'd like.

A total of:

14
MODULES



15-20 mins each.

Some of what this course covers:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Different styles of parenting
- Why is sleep important

Further details:

www.inourplace.co.uk | www.solihullapproachparenting.com | solihull.approach@heartofengland.nhs.uk