



Kent Community Health
NHS Foundation Trust

Understanding your child free online parenting courses are here to help you



These free online courses are available in 15 to 20 minute chunks, perfect for busy parents and carers. There are five separate courses starting during pregnancy and continuing up until a child's 19th birthday.

 we care

www.kentcht.nhs.uk

There are five separate courses including:



1. Understanding pregnancy, labour, birth and your baby

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

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

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.

- 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.

- 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 and one for teenagers themselves.

- 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.

5. 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
- Supporting their development.



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

[Kent Baby](#) has a range of information and ways to contact your local Health Visiting Team.

School Health Service

[Kent School Health](#) also lots of useful resources for parents or you can call 0800 0113474 (open 8am and 6pm) to speak confidentially to a member of the team.

For more details of the parenting support available to families in Medway, visit [Medway Health Visiting Service](#) or [Medway School Health Service](#) for more details.



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