

Dear Parents and Carers

Parent-child relationships are among the most important for children's development, their resilience, confidence and future success. Talking to your child about how they are feeling can make a really big difference to their mental health. You might be interested in learning more about talking to your child and understanding their changing behaviour – take a look at <http://www.inourplace.co.uk> where you will find a range of online resources all available to you for free using the free access code APPLEHERE.

Herefordshire.gov.uk

Community Wellbeing Directorate

Plough Lane

Hereford

HR4 0LE



Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents



www.inourplace.co.uk

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