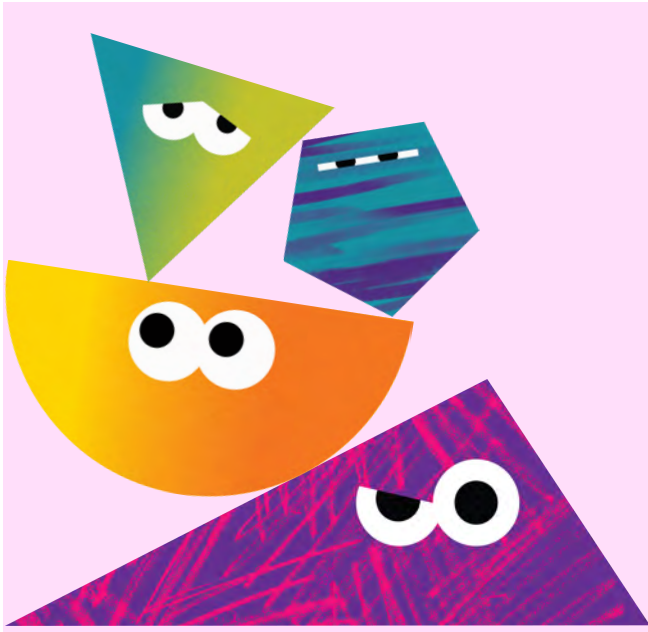




TOGETHERNESS



An update on

WELLBEING FOR EVERY SCHOOL PARENT

Your NHS learning space created by psychologists

April 2026

We're delighted to share some helpful resources for parents experiencing all the big emotions of growing children.

TogetherNESS the NHS emotional health digital learning hub funded in your area. Your family has **free access** to expert learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children.

Here's a quick round up of what we think is great on TogetherNESS to help your children thrive.

Spill the beans on SATs



Anxiety and SATs

We've partnered with Learning by Questions to help you support your child to process how they're feeling and get ready for SATs with confidence

[\(free downloadable resource\)](#)

Get them ready for secondary



Moving up in school

A digital hub of resources for parents of nursery, Reception and Year 6 children to support them to thrive as they move up in school

[\(easy reads and watch digital hub\)](#)

Support for hearing parents



Understanding your deaf child for hearing parents

90% of deaf children are born to hearing parents. Our new short online learning, written with members of the deaf community, supports you to understand your deaf child’s needs and development

[\(bitesize e-learning\)](#)

Understand big feelings



Does sharing big feelings help young people feel like they belong?

Consultant Clinical Psychologist, Dr Rebecca Johnson, unpacks how sharing how we feel can bring moments of connection in relationships

[\(short video watch\)](#)

Parents and anxiety



Managing parent anxiety

The Clinical Psychologist and Child Psychotherapist’s advice

[\(2 minute read\)](#)

Nurture your key relationships



Understanding your relationships

Discover new ways to communicate, connect and respond in your relationships in this online learning pathway

[\(bitesize e-learning\)](#)

FREE ACCESS

You're receiving this update as your school is based in a free (pre-paid, funded) access area for togetherness.co.uk

Find the [Free Access Checker](#) in the pathway library to unlock free online learning that could change your relationship with your child for the better.

Evidence based - Created in the NHS - Private and available anytime, anywhere

Follow Togetherness on social media



TOGETHERNESS

www.togetherness.co.uk

0121 296 4448

togetherness@uhb.nhs.uk