

An update on

WELLBEING FOR SANDWELL PARENTS & CARERS

From inourplace.co.uk

An NHS learning space developed by psychologists



May 2025

inourplace is funded in Sandwell to provide your family with free access to expert learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children and make sure they thrive.

Here's a quick round up of what we think is great on [inourplace](https://inourplace.co.uk) this month.

End of term prep for school moves



Moving up

A digital hub of resources for parents to help you navigate and support your child to thrive as they move up or start a new school

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

Adolescence: Emotional health for boys



How parents can raise emotional skills development for young boys



The Child Psychologist and Psychotherapist's view

[\(5 minute read\)](#)

FREE ACCESS

Use the code **SIX_TOWNS** to access these FREE resources at www.inourplace.co.uk/sandwell

The child development and wellbeing course for parents

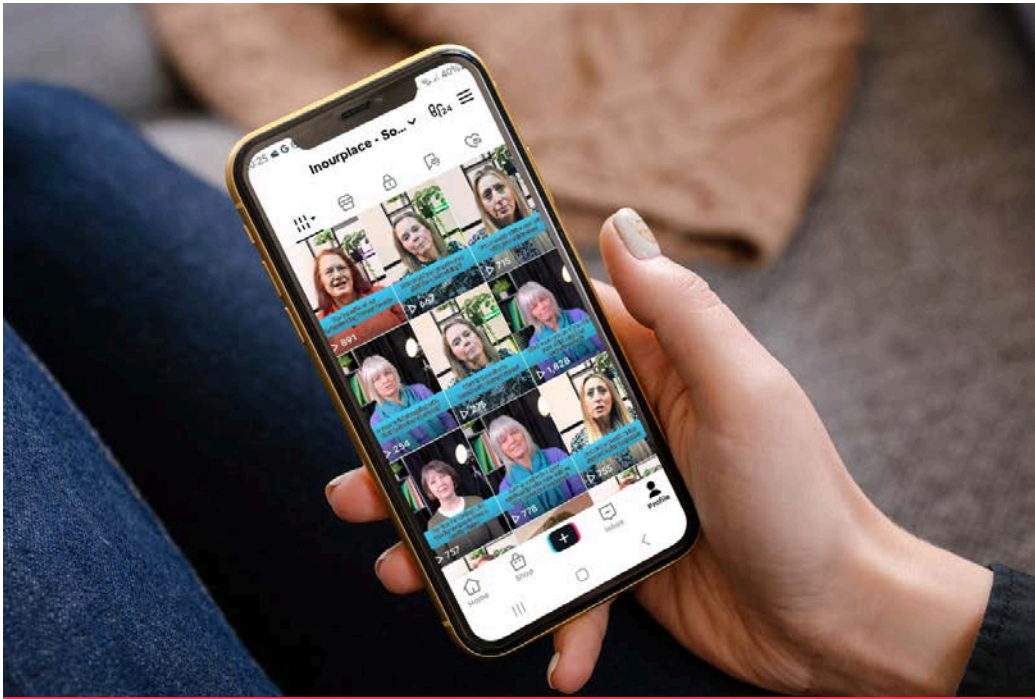


Understanding your child:
from toddler to teenager

Online course empowering your parenting anytime, anywhere

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

Expert insights for your parenting



Follow us on TikTok

Short films on sleep, toddler tantrums, school behaviour, teenagers and much more

[\(bitesize video content\)](#)

Navigating nightmares and night terrors



My child is having
nightmares or night terrors

Advice and guidance from Clinical Psychologists and Health Visitors with parent voices

[\(5 minute watch\)](#)

Talking about big world problems



How to talk to your child
about events in the news
without making them anxious



The Psychologist's advice

[\(5 minute read\)](#)