

There are dedicated sections for each stage from pregnancy through to adolescence:

1. Understanding Pregnancy, Labour, Birth and Your Baby

Parents-to-be can learn about:

- How to manage and avoid stress in pregnancy and ways to relax
- Supporting your bond with your unborn baby, and how baby will respond
- The crucial role of dads, partners and other important adults
- The stages of labour, childbirth and after the baby arrives
- Feeding your baby

2. Understanding Your Baby

Parents of new babies can learn about:

- Understanding feelings for baby and you
- The amazing baby brain and how you can see and support their development
- Your baby's world and routine – feeding, playing, sleeping
- How your baby builds relationships and bonds from the moment they are born

3. Understanding Your Child

Parents, carers and grandparents of children, from 6 months to 18+ years, can learn about:

- Responding to your child and understanding their feelings and behaviours
- Communicating with your child at all ages
- How your child develops and how it might impact them and you
- Parenting styles and finding out what works for your family
- Supporting your child's routine, activities, play, learning and sleep



If you live in Liverpool* then you are eligible to access these online guides for free. Visit inourplace.co.uk and enter the following access code: **PURPLEBIN**

* Not sure if you are eligible? If you have (or are entitled to have) a purple wheelie bin then you can access these guides with the code!

A wealth of wisdom can be found at ehd.liverpool.gov.uk
Please read liverpool.gov.uk/privacy-notice



Liverpool
City Council



Free Interactive Online Parenting Guides for Liverpool

These guides are based on real evidence about how babies develop in the womb, through infancy and throughout childhood and adolescence. Liverpool parents, carers and grandparents can learn about the stages their children go through and how to strengthen relationships with them in ways that will have lasting positive impact for the whole family.

Within these guides, written by the Solihull Approach (NHS), you can find advice and information on:

- The amazing and developing brains of babies and children
- The importance of playing, singing, reading with your child
- Parenting styles and tips
- Overcoming challenges with things like behaviour and sleep
- The huge value of good communication

Parenting support is really helpful for everyone but programmes often run in groups that can sometimes be difficult to access, or might not be for everyone. One of the real advantages of this online support is the total flexibility for busy parents, carers and grandparents.

Each member of the family can access the content on the go through mobiles or tablets at a time that suits them.