



Infant Mental Health Awareness Week 2025

Theme: **"Who is Holding the Baby?"**

This week is all about recognising the amazing job you do as a parent or carer

The strong connection between you and your child is the foundation for their emotional well-being now and as they grow. Why not learn more about the Solihull Approach and complete some Solihull Approach training? It will help you understand your child's behaviour and strengthen the bond between you and your child.

This online course is one of a range available, **free of charge**, using the access code **NIFAMILIES**, funded by the Public Health Agency for NI residents.

Have a look at it: [Understanding your child: from toddler to teenager](#)

The poster is for a free online course titled "Understanding your child: from toddler to teenager". It features logos for "UNDERSTANDING YOUR CHILD SOLIHULL APPROACH", "inourplace", and "NHS". The text "Free online course for all parents, carers, and grandparents." is prominently displayed. A list of topics includes: "Reading your child's behaviour and understanding their feelings", "Effective communication techniques", "Reflecting on your relationship and how to nurture your child's emotional health", and "A transformative journey that can strengthen your bond with your child at every age". It also mentions "Designed by clinical psychologists in partnership with practitioners and parents". A QR code is shown with the website "www.inourplace.co.uk". The background image shows a smiling man and woman with their children.



Residents of NORTHERN IRELAND

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Use Access Code
NIFAMILIES