

The Family Connector Project

Free Online Learning support for Parents/Carers

The Family Connector Project understands that supporting your child/ren can be a minefield at times. The internet has some great resources that may be of use to you as a parent/carer. All links below are free to use at your own pace of learning.

[Online Learning \(https://inourplace.heiapply.com/online-learning/\)](https://inourplace.heiapply.com/online-learning/)

Courses on this website include:

- Understanding your child's feelings
- Understanding your child's mental health and wellbeing
- Understanding the impact of the pandemic on your teenager
- Understanding your child with additional needs
- Understanding your teenager's brain

[Learning and School Help for Parents \(https://www.bbc.co.uk/bitesize/articles/zqbt6g8\)](https://www.bbc.co.uk/bitesize/articles/zqbt6g8)

This website supports you with important events such as:

- How to deal with back-to-school worries
- Supporting your child with SEND at school
- Supporting your child return to secondary school
- Supporting your child with exam pressures
- How to help your child with homework

[Parenting Classes Online \(https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/parents-together\)](https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/parents-together)

This website supports parent with primary school aged parents to:

- Promoting wellbeing
- The power of communicating and being positive
- Understanding behaviour
- Managing and promoting positive behaviour in the family
- Play and what do children need
- Setting limits, boundaries and promoting co-operation

[Free Courses for Parents – \(https://freecoursesinenglandonline.co.uk/parents/\)](https://freecoursesinenglandonline.co.uk/parents/)

This website offers support to gain a qualification in Childrens mental health covering:

- Children and young people's mental health in context
- Mental health problems commonly associated with children and young people
- The impact of mental ill-health on children and young people
- Support available to maintain mental wellbeing in children and young people

Mental Health Support Available

<https://mindedforfamilies.org.uk/> This website provides lots of learning to support you and your family with mental health support including how to take care of yourself whilst supporting others.

www.every-life-matters.org.uk This website is a great source for information specifically for those thinking about suicide or those supporting someone who is thinking of ending their life.