

Register for free online guides for families

Bringing up children is a lot of fun but can also have its challenges and times when receiving some advice would be helpful.

If you live in the Frimley area which covers Ascot, Bracknell, Farnham, Maidenhead, North East Hampshire, Slough, Windsor or in Surrey or South Bucks you can have free access to four online parenting guides which include top tips from childcare, education and NHS health experts.

- Understanding your pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child 0 to 19 years
- Understanding your teenager's brain

The online guides contain advice relevant to expectant parents, parents, grandparents and carers of children of all ages including those with Special Educational Needs and Disabilities (SEND). The guides are also available in different languages.

Access to the guides is unlimited with no expiry date, so you can return as and when you need and want to. Each guide has between 5 to 11 sessions which last roughly 20 minutes each, there are also activities that can be carried out between courses.

How to register for the guides?

Registration is quick and easy:-

Register for our online guides by going to <https://inourplace.co.uk/>

Apply the access code 'PARENTING' (or if you live in Surrey it is ACORN).

(Access codes are not case sensitive)

These guides are provided by the Solihull Approach and brought to you by Frimley Local Maternity System which is part of Frimley Health and Care Integrated Care System (ICS), a partnership of NHS, health services, local authorities, voluntary sector and local people working to improve health and care services.