

School's Out Take an emotional health check



Head into the summer with a better understanding of your **child's brain development** and their **emotional wellbeing** as you support them into their next new phase.

FACT

Our brains develop most rapidly in childhood shaping our emotional health and wellbeing for the rest of our lives.

HERE FOR YOU

Online courses developed by clinical psychologists can help you to **understand your child, read their behaviour and help them look after their emotional health.**



inourplace.co.uk

Understanding your child online course has been paid for by **Cumberland and Westmorland & Furness Councils**, so you can access it **completely free** using the code **WORDSWORTH**

Short courses on **Understanding the impact of the pandemic on your child or teenager** also included.