

# Togetherness Pathways

**Togetherness Pathways explore practical ways parents & carers can support emotional development & understand feelings.**

The **Public Health Agency** has paid for a multi-user licence to allow all NI residents to access the **Learning Pathways** provided by **Togetherness** (previously known as **Solihull Approach**).

<https://togetherness.co.uk/mul/northern-ireland/>

Use the access code: **NIFAMILIES**



## GETTING READY TO LEARN

**TOGETHERNESS**

**NHS**

## Emotional resilience for the everyday

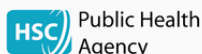
**Online learning pathways for your parenting journey and important relationships.**

- Antenatal and postnatal learning pathways for the foundations of emotional health
- Children's early development and behaviour
- Special educational needs and disabilities (SEND)
- Adolescence and young people's mental health
- Adult emotional health including trauma

[togetherness.co.uk/northern-ireland](https://togetherness.co.uk/northern-ireland)

Residents of **NORTHERN IRELAND**

In paid partnership with:

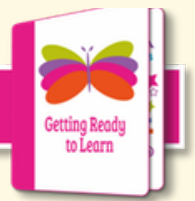


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[www.gettingreadytolearn.co.uk](http://www.gettingreadytolearn.co.uk)





## Confident parenting starts with Togetherness

Togetherness online learning has been developed by NHS child psychologists and health practitioners.

### 'Understanding your child: from toddler to teenager'



It is easy to follow and in bite size chunks to support the parenting journey.

It is suitable for all, so share with grandparents, childminders - anyone who cares for a child.

**TOGETHERNESS** **NHS**

## Understanding your child: from toddler to teenager

For confident, resilient, emotionally intelligent children - big and small

[togetherness.co.uk/learn](https://togetherness.co.uk/learn)

In paid partnership with: **HSC** Public Health Agency

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There are also other **Togetherness Pathways** providing help to support children with additional needs, understanding emotions, trauma, relationships and some especially for teenagers.

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