

Understanding anxiety



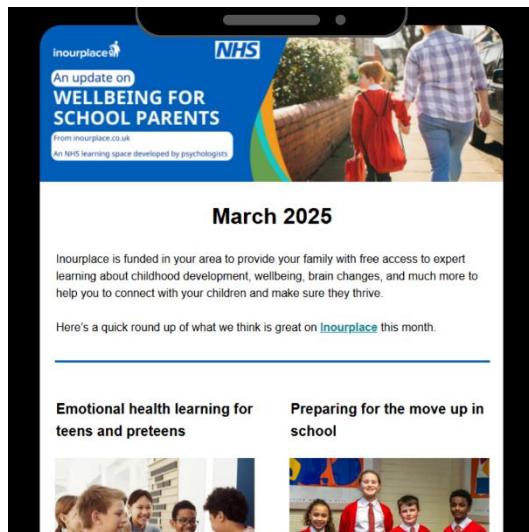
This [explainer video](#) has been produced for parents to understand more about anxiety and what is normal in this emotion. Please use to help engage parents with Inourplace as the learning space to find out more about child development and emotional wellbeing.

Reminder: Emotional health learning for teens and preteens



If you haven't already, please think about sharing our [new video series](#) of young people reviewing the course 'Understanding your brain' and 'Understanding your feelings (for teenagers only!)'. They have all been edited for easy use on social media.

School parents' wellbeing e-newsletter



A reminder that our latest edition of the Inourplace 'round-up' email for school parents is available for you to pass onto schools. Please send to your schools with a request to share with parents.

You'll have received this separately in your inbox as an email, with an option for schools to send on as an email or a PDF which you can also access on [SharePoint](#).

All courses provided by the Solihull Approach are dedicated to improving the health and wellbeing of all family members, they are delivered in over 108 different languages and are pre-recorded so that you can access them at a time which suits you.

Simply follow the link [In Our Place](#) and use the code **WELCOME**

For group courses delivered by the Children and Families Hub, please view our [Live Timetable](#) or follow us on [Facebook](#) and [Instagram](#) for regular updates.

If you have any further queries, please do not hesitate in contacting the childrenandfamilieshub@gov.je.