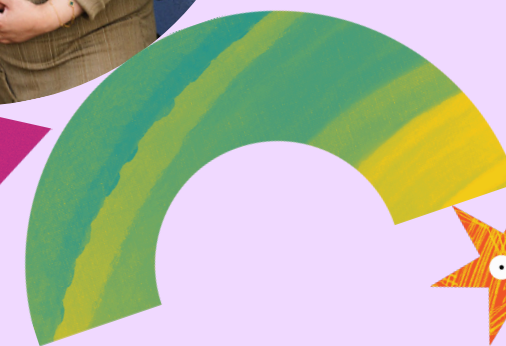


Pathway descriptions

Pathway title and key facts	Brief pathways summary explainer	In one line
Antenatal		
<p>Understanding pregnancy, labour, birth and your baby</p> <p>9 Stages. Reflecting a six-week in-person antenatal course.</p> <p>For mothers, fathers, carers and grandparents. Anyone in your new baby’s bubble.</p> <p>Professional translations in Modern Standard Arabic, Polish, Welsh and Urdu.</p>	<p>Bonding with your baby in the womb can be an important part of getting to know your child. Designed by NHS clinical psychologists and midwives, this pathway includes evidence-based information to support your antenatal journey, from preparing for birth to welcoming and comforting your new baby. Togetherness is here to support your emotional health while helping you to reflect on ways to build attuned, connected relationships.</p> <p>Audio recordings, professional translations in four languages.</p>	<p>This pathway can help you to prepare for birth, bond with your baby and support your emotional health.</p>

Pathway title and key facts	Brief pathways summary explainer	In one line
<p>Understanding pregnancy, labour, birth and your baby: for women couples</p> <p>9 Stages. Reflecting a six-week in-person antenatal course.</p> <p>For mothers, partners, carers and grandparents. Anyone in your new baby's bubble.</p>	<p>Sharing experiences from women couples expecting a baby, this pathway supports you to bond with your baby in the womb. Designed by NHS clinical psychologists and midwives, this pathway includes evidence-based information to support your antenatal journey, from preparing for birth to welcoming and comforting your new baby. Togetherness is here to support your emotional health while helping you to reflect on ways to build attuned, connected relationships.</p> <p>Audio recordings.</p>	<p>Informed by other women couples, this pathway can help you to prepare for birth, bond with your baby and support your emotional health.</p>



Pathway title and key facts	Brief pathways summary explainer	In one line
Postnatal		
<p>Understanding your baby</p> <p>11 Stages. Reflecting a six-to-eight week in-person course.</p> <p>For mothers, fathers, carers and grandparents. Anyone in your new baby's bubble.</p> <p>Professional translations in Modern Standard Arabic, Welsh and Urdu.</p>	<p>Understanding your baby's physical and emotional development can support you as you develop a nurturing, connected relationship that will enable them to thrive. Designed by NHS clinical psychologists and health visitors, this pathway is a hand to hold during the postnatal stage and includes practical information on sleeping, feeding, crying and playing. As well as evidence-based ideas on the important role relationships play for your baby's brain development and growth.</p>	<p>This pathway supports you to understand your baby's physical and emotional development and how your relationship lays the foundations for their later emotional health.</p>
<p>Understanding your preterm or sick baby in hospital</p> <p>6 Stages.</p> <p>For parents and families experiencing neonatal care for their babies in hospital.</p>	<p>A hand to hold for parents with babies experiencing neonatal care, including supportive guidance around baby development milestones relating to feeding, sleeping and crying and helpful signposts informed by parents with shared experience. This pathway supports parents to reflect on their own emotional health as they navigate a busy clinical environment. Written by neonatal care specialists and clinical psychologists.</p>	<p>Developing a close and connected relationship with your baby when you may be feeling overwhelmed by a NICU stay.</p>

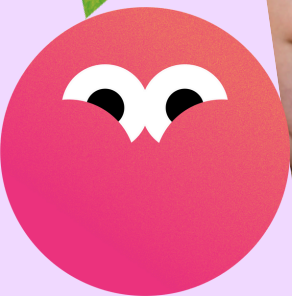
Pathway title and key facts	Brief pathways summary explainer	In one line
<p>Understanding your preterm or sick baby now you're home</p> <p>13 Stages.</p> <p>For parents and families settling in at home with their preterm or sick baby.</p>	<p>A hand to hold during every milestone, including bringing baby home from the hospital after neonatal care. This learning pathway helps parents develop a close and connected relationship with their baby while considering the additional worries related to additional specialist baby care. The pathway includes supportive guidance around baby development milestones relating to feeding, sleeping and crying and helpful signposts informed by parents with shared experience. Written by neonatal care specialists and clinical psychologists.</p>	<p>Developing a close and connected relationship with your baby as you adjust to a new environment at home after a NICU stay.</p>



Pathway title and key facts	Brief pathways summary explainer	In one line
<p>Understanding your child</p> <p>Recognised by the Early Intervention Foundation.</p> <p>11 Stages. Reflecting a 10-week in-person course.</p> <p>For all parents, carers and grandparents of children aged up to 19.</p> <p>Also with professional translations in Bulgarian, Welsh, Modern Standard Arabic, Polish, simplified Chinese, Somali and Urdu.</p>	<p>Whatever your family set up, the important relationships in your child's life help shape their emotional health and wellbeing. This transformative learning pathway offers a reflective space to think about your child's development, their behaviour and how they are communicating. Created by clinical psychologists, child psychotherapists, and family practitioners in partnership with parents, this pathway supports parents to raise resilient, kind and well-adjusted children to adulthood.</p>	<p>Supporting parents to understand how their relationship with their child can raise resilient, kind and well-adjusted children to adulthood.</p>

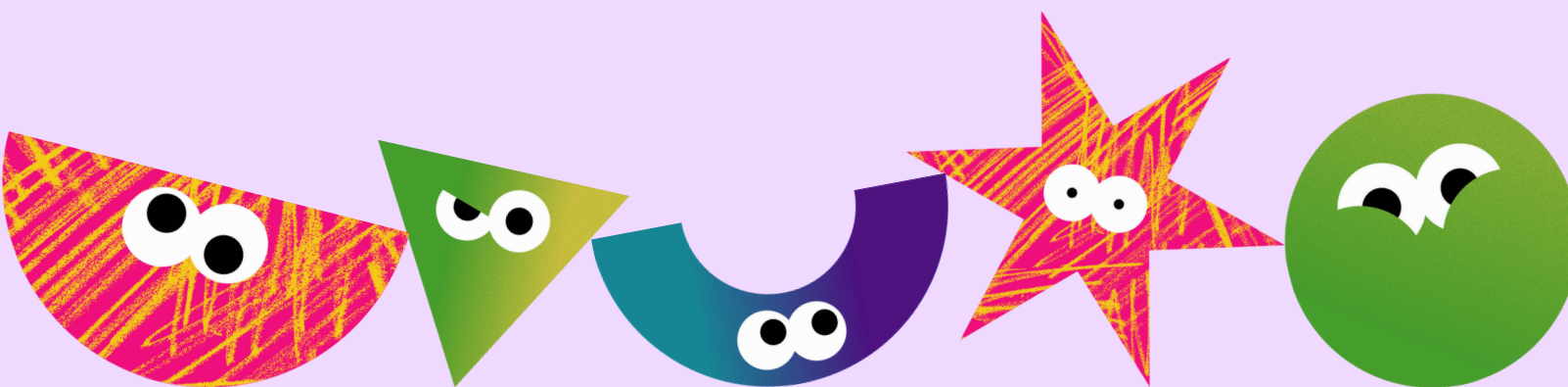


Pathway title and key facts	Brief pathways summary explainer	In one line
<p>Understanding your child with additional needs</p> <p>14 Stages. Reflecting a 10-week in-person course.</p> <p>For parents and families of children who may have additional needs or are differently abled and those who may have a disability (physical or learning).</p>	<p>Understanding your child and their additional needs or different abilities can make it easier to work with your child's behaviour as well as supporting their development. With a focus on how the important relationships in your child's life help shape their emotional health and wellbeing, this learning pathway looks at some particular aspects of parenting: sleeping and anger management, together with more about how we interact with each other. Created by clinical psychologists, child psychotherapists and family practitioners in partnership with parents in similar circumstances, this pathway supports parents to raise resilient, kind and well-adjusted children to adulthood.</p>	<p>Understanding your child and their additional needs to make it easier to work with your child's behaviour and develop a strong relationship together which lays the foundation for their emotional health and wellbeing into adulthood.</p>



Pathway title and key facts	Brief pathways summary explainer	In one line
<p>Understanding your child in a changing world</p> <p>12 Stages.</p> <p>For all parents, carers and grandparents of children aged up to 19.</p>	<p>The world is changing rapidly. Designed by NHS clinical psychologists and health professionals, this pathway is designed to support parents navigate the challenges of modern parenting, covering some of the big issues such as smart phones, climate instability, AI and robots and much more. This pathway supports parents to raise resilient, kind and well-adjusted children to adulthood through a connected and secure relationship.</p>	<p>This pathway is designed to support parents navigate the challenges of modern parenting and support a connected and secure relationship.</p>
<p>Adolescence</p>		
<p>Understanding your teenager's brain</p> <p>9 Stages.</p> <p>For all parents, carers and grandparents of teenagers.</p> <p>Also with professional translations in Urdu, Modern Standard Arabic and Welsh.</p>	<p>Our brains develop rapidly in adolescence - changing the way we feel, express ourselves and behave. Designed by NHS clinical psychologists and health professionals, this learning pathway helps explain some of the changes you might have noticed in your teenager and helps you to continue to empower your teenager through a connected and attuned relationship with them.</p>	<p>Supporting parents to understand the rapid development of our brains in adolescence and what this means for their teenager's emotional health and wellbeing.</p>

Pathway title and key facts	Brief pathways summary explainer	In one line
<p>Understanding your brain (for teenagers only!)</p> <p>9 Stages.</p> <p>For teens, adolescents, and young adults.</p>	<p>Written for teenagers, with teenagers. Our brains develop rapidly in adolescence - changing the way we feel, express ourselves and behave. This learning pathway shares some of the science behind this and may help you process some of your feelings and how they're changing.</p>	<p>Understanding the rapid development of your brain as you grow and what this means for your emotional health and wellbeing.</p>
<p>Understanding your feelings (for teenagers only!)</p> <p>8 Stages.</p> <p>For teens, adolescents, and young adults.</p>	<p>Written for teenagers with teenagers. As teens, you may experience stronger emotional responses to things. You may be feeling overwhelmed, confused, anxious or frustrated at points. This learning pathway is designed to help you recognise and manage your feelings as you journey to adulthood.</p>	<p>Supporting teens to understand how they're feeling, how to manage these strong emotions and the impact this may have on they wellbeing.</p>



Pathway title and key facts	Brief pathways summary explainer	In one line
Short/Taster		
<p>Understanding your child's feelings</p> <p>7 Stages.</p> <p>For all parents, carers and grandparents of children aged up to 19.</p>	<p>A short online learning pathway that helps you understand big feelings. Designed by NHS clinical psychologists and health professionals, this pathway provides reflective space for you to think about your child's feelings, the important role your relationship plays and how to nurture their emotional development.</p>	<p>Understanding your child, their feelings and how to support and nurture their emotional development.</p>
<p>Understanding your child's mental health and wellbeing</p> <p>2 Stages.</p> <p>Two Stages which bookend our UYC or UYCAN pathways.</p> <p>For all parents, carers and grandparents of children from 0 to 19.</p>	<p>Designed to be completed alongside Understanding your child or Understanding your child with additional needs. This pathway supports you if you're concerned about your child's mental health or want to learn more about mental health and wellbeing. Learn how strong, supportive relationships help shape a child's emotional development and lifelong mental wellbeing. Written by NHS clinical psychologists and child psychotherapists.</p>	<p>Exploring mental health alongside understanding your child, their emotional wellbeing, and development.</p>

Pathway title and key facts	Brief pathways summary explainer	In one line
<p>Understanding the impact of the pandemic on your child</p> <p>5 Stages.</p> <p>For all parents, carers and grandparents of children of primary school age (4-11).</p>	<p>This short pathway introduces ideas about children’s emotional wellbeing and explores how the disruptions caused by the coronavirus pandemic—such as lockdowns, social distancing and changes in routine—may have affected your child’s emotional wellbeing and behaviour.</p>	<p>A pathway that provides opportunity for reflective thinking to empathise with your child’s emotional wellbeing and how they may have been impacted by the pandemic.</p>
<p>Understanding the impact of the pandemic on your teenager</p> <p>3 Stages.</p> <p>Two Stages which bookend our UYC or UYCAN pathways.</p> <p>For all parents, carers and grandparents of children of teenagers.</p>	<p>Understanding the impact of disrupted relationships and experiences on your teenager due to the coronavirus pandemic may help you understand their emotional health now. This pathway introduces you to ideas on adolescent emotional health and how important your relationship can be for supporting them to thrive.</p>	<p>A pathway that provides opportunity for reflective thinking to empathise with your teenager’s emotional wellbeing and how they may have been impacted by the pandemic.</p>

Pathway title and key facts	Brief pathways summary explainer	In one line
Adults		
<p>Understanding your relationships</p> <p>11 Stages.</p> <p>For adults in relationships or preparing for a relationship.</p>	<p>Relationships play an important role in shaping who we are. They can be difficult, complicated, fun, satisfying, exciting, annoying, bring out the best in us, bring out the worst in us. We are often in one, but we don't often spend much time on them. This pathway is an introduction to key themes around emotional wellbeing, communicating feelings, and managing conflict or anger with activities to support the relationships that mean the most to you.</p>	<p>Relationships shape who we are, so this pathway introduces key themes around emotional wellbeing, communicating feelings, and managing conflict or anger within relationships.</p>
<p>Understanding your own trauma</p> <p>11 Stages.</p> <p>For adults who have experienced trauma or those supporting others who have had a traumatic experience.</p>	<p>Trauma is very common and can leave a lasting impact on how we feel, think and relate to others. Designed by NHS clinical psychologists and health professionals, this pathway includes ideas, theories and tools to help you explore your own experience of trauma. Through reflective exercises and accessible guidance, you'll learn how trauma can shape your responses, relationships and sense of self.</p>	<p>This pathway includes ideas, theories and tools to help you explore your own experience of trauma and supports reflective thinking to process traumatic events.</p>