



#### **For your parent apps**

Welcome back to school. Starting the new school year can be a lot for your young person emotionally, especially if they are transitioning from junior school. You might find it helpful to learn more about how teenager's behaviour can change as they develop and some ideas to support them to manage their emotions. Our school sits in a pre-paid area for specialist online courses for parents around emotional health and wellbeing - why not take a look? You can follow in your own time, completely for FREE with access code **HADRIAN**. Visit [www.inourplace.co.uk](http://www.inourplace.co.uk).

#### **For your social media**

School's back and it could be time for a check in on your young person's emotional health. Our school sits in a pre-paid licence area for online courses for parents, totally FREE with access code **HADRIAN**. Visit [www.inourplace.co.uk](http://www.inourplace.co.uk).



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Behaviour is communication - teenager's behaviour often tells us about where they are emotionally. If you're interested in learning more about reading behaviour and maybe improving your teen's behaviour, you can access specialist online courses in emotional health on [www.inourplace.co.uk](http://www.inourplace.co.uk). They have specialist courses for parents including resources on understanding your teenager's brain development as well as tailored courses for understanding your child with additional needs. Our school is in a free access area - simply use access code **HADRIAN**.

### **For your social media**

Is your young person neurodiverse, neuroatypical or differently abled? Behaviour is communication for all teenagers - you may find this online course, Understanding your Child with Additional Needs, helpful. Don't forget our school is in a free access area with code **HADRIAN**.

**Video to share:** [Autism and emotional health.mp4 \(sharepoint.com\)](#)

Download and upload this short video of Consultant Clinical Psychologist, Dr Rebecca Johnson, discussing how parents of autistic children can support their emotional health.