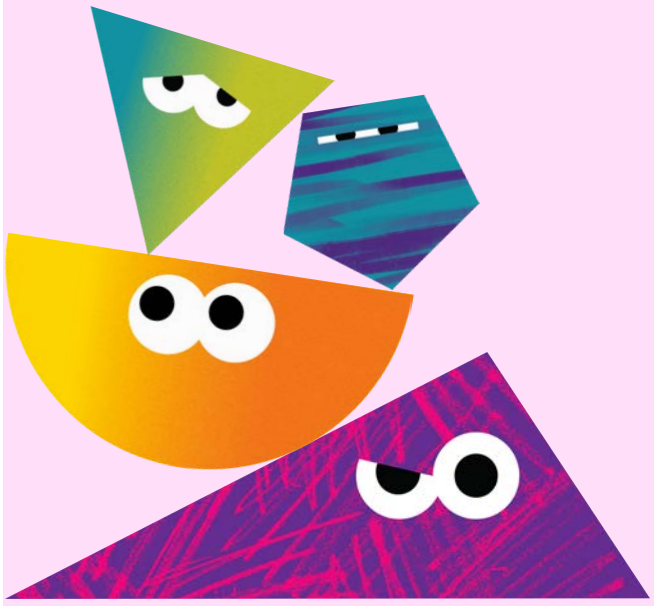


TOGETHERNESS

NHS

An update on

WELLBEING FOR EVERY SCHOOL PARENT

Your NHS learning space created by psychologists

December 2025

We're delighted to share some helpful resources for parents experiencing all the big emotions of growing children.

Togetherness the NHS emotional health digital learning hub funded in your area. Your family has **free access** to expert learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children.

Here's a quick round up of what we think is great on Togetherness to help your children thrive.

Getting along with family

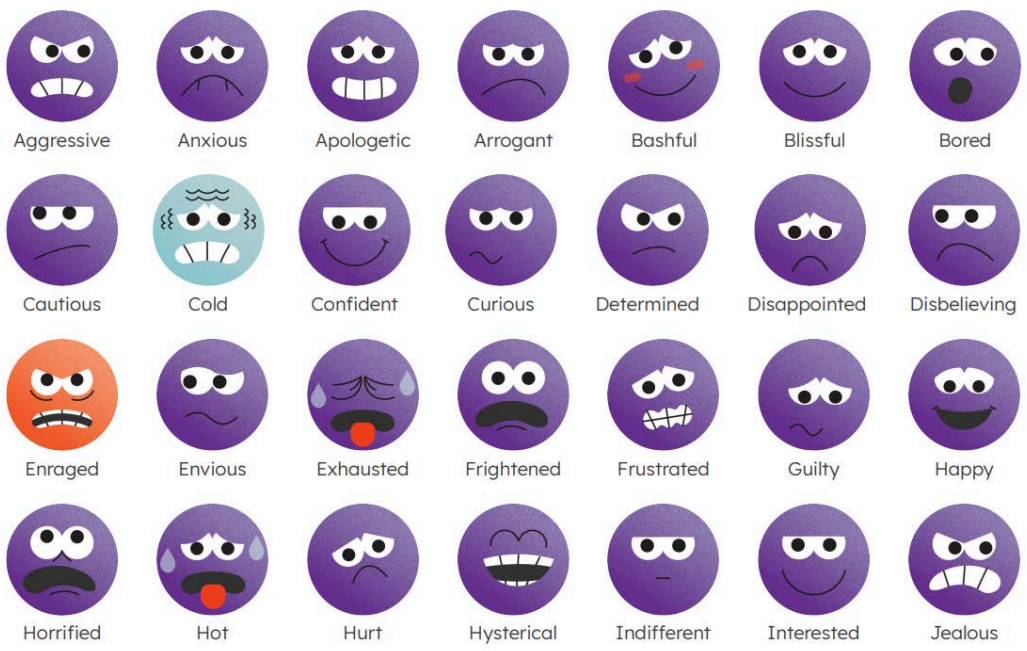


Understanding your relationships

As seasonal festivities bring families together, it's normal to find some relationships more difficult than others. Learn more about how to get along well and care for your wellbeing by following this online learning pathway

(bitesize e-learning)

Help name those feelings



Feelings map: Free printable poster

Learning to name feelings is one of the first steps to finding healthy ways to manage big and tricky emotions. This poster comes from the **Understanding your child: from toddler to teenager** online pathway

(free downloadable resource)

Behaviour explained



Understanding your child: from toddler to teenager

Online learning journey to support your parenting with expert knowledge and practical ideas anytime, anywhere

(bitesize e-learning)

Healthy sleep habits



How is sleep connected to your child's confidence?

Health Visitor, Mary Rheeston, explains how sleep is a key part of building your child's confidence

(short video watch)

Vaccination choices

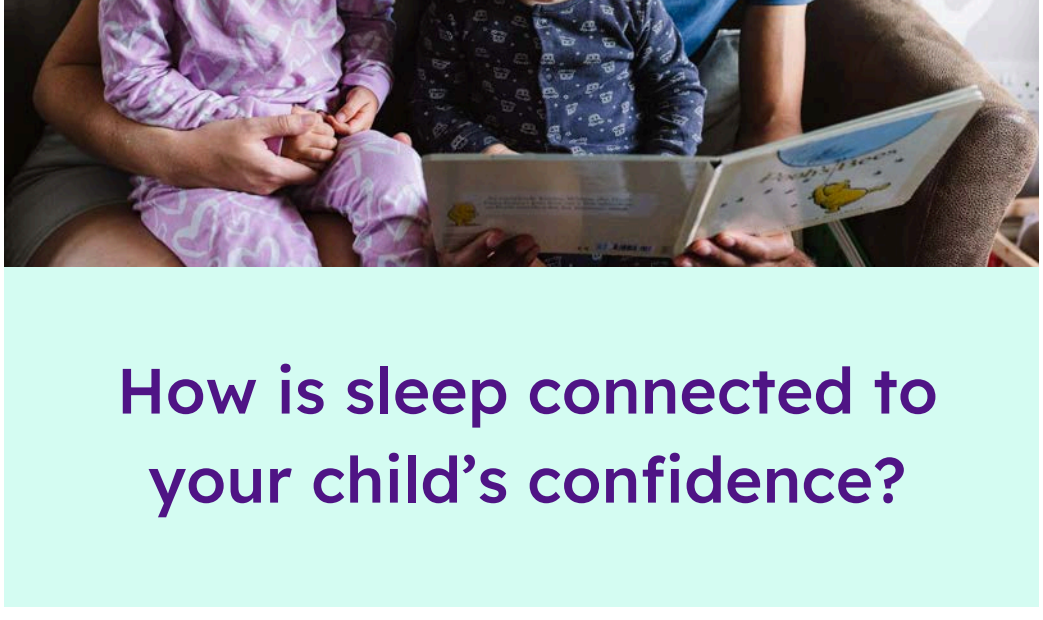


Navigating parental decisions: vaccinations and other health choices

The Health Visitor's advice

(five minute read)

New baby in the family?



Bonding with your baby in the first 6 months

Watch our short docu-film following the early life and brain development of baby Margot. Learn about how the first 6 months lay the foundations for lots of big life skills

(15 minute watch)

FREE ACCESS

You're receiving this update as your school is based in a free (pre-paid, funded) access area for **togetherness.co.uk**

Find the Free Access Checker in the pathway library to unlock free online learning that could change your relationship with your child for the better.

Evidence based - Created in the NHS - Private and available anytime, anywhere

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TOGETHERNESS

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