




Bright
Start
Islington

Every child | Every family

Are you a new parent?



Build your confidence to be the best parent you can be, with our free online course supporting mums, dads and their new arrival from birth to 12 months.

This new course is available free to Islington residents until October 2020. Sign up now at www.islington.gov.uk/parentingprogrammes

‘Understanding your Baby’ is an online course which gives mums and dads practical guidance to help build confidence as a new parent.

What is the course all about?

This online course has been developed by NHS professionals. It looks at all the things new parents ask about most, including:

- Baby’s sleeping, feeding, crying and playing.
- Building a positive relationship with your new baby.
- Physical, emotional and brain development.

Why choose an online course?

- Parents, grandparents and carers can all get involved.
- You can do the course at a time and pace to suit you.
- Each module is interactive and takes only 20 minutes to complete.

How do I sign up?

Visit www.islington.gov.uk/parentingprogrammes, click on ‘Solihull Online Parenting course’ and then enter the access code ‘Bright Start’ to get started.

Sign up now and access three additional free courses, to help build your confidence as your child grows up from toddler to teenager.