



TOGETHERNESS



An update on

WELLBEING FOR EVERY SCHOOL PARENT

Your NHS learning space created by psychologists

October 2025

As the new term is now well and truly underway, we're delighted to share some helpful resources for parents experiencing all the big emotions of growing children.

Togetherness is the new face of **inourplace**, the NHS emotional health digital learning hub funded in your area to provide your family with **free access** to expert learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children and make sure they thrive.

Here's a quick round up of what we think is great on Togetherness for this half term.

The parent pathway to better relationships and behaviour



Understanding your child: from toddler to teenager

Online learning journey to empower your parenting anytime, anywhere

[\(bitesize e-learning\)](#)

Adolescence: Tools for teens to help protect mental health



Learning resources on teenage brain development

Including teen reviews of the online learning pathways for young people

[\(series of 1 minute video reviews\)](#)

5 things to protect your mental health whatever happens



Togetherness ideas for World Mental Health Day 2025

Ideas to help care for your wellbeing everyday and the secret to emotional resilience

[\(3 minute read\)](#)

Falling out and making up: parent relationships



Life skills for arguing and healthy grown up relationships

Resources to help you model falling out and making up for your children

[\(short films and quick reads\)](#)

Thinking about SEND and emotional wellbeing?



Understanding your child with additional needs

Online learning pathway to help you connect with your unique child

[\(bitesize e-learning\)](#)

Expert insights for your parenting: meet our Togetherness team



Follow us on TikTok or Instagram

Short films on sleep, toddler tantrums, school behaviour, teenagers and much more

[\(bitesize video content\)](#)

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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