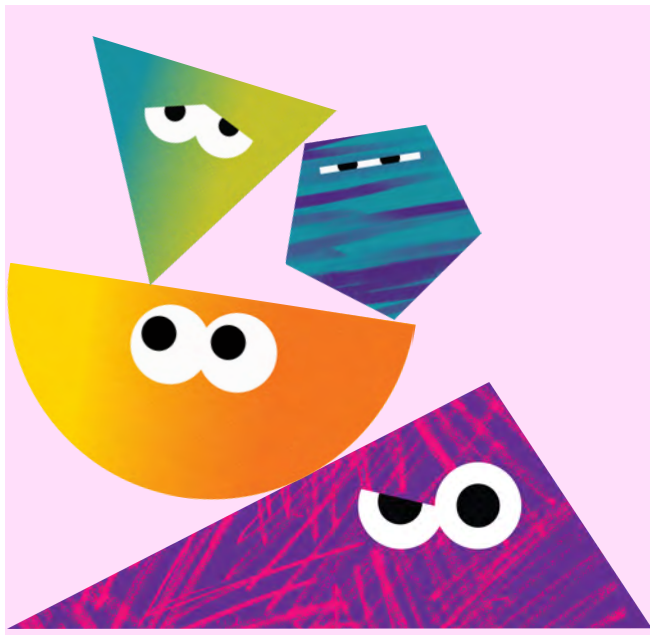




TOGETHERNESS



An update on

WELLBEING FOR EVERY SCHOOL PARENT

Your NHS learning space created by psychologists

February 2026

This Spring Term, 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.

Here for big feelings



Understanding your child's feelings

Our taster online learning journey to support you to understand your child's feelings as they head back to the classroom

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

Three key questions



How can I support my child with anxiety?

The Clinical Psychologist and Child Psychotherapist's advice

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

Teenage brain and exams



What happens to the teenage brain during exam time?

Clinical psychologist, Dr Rebecca Johnson, explains how teenage brain development can impact exam stress – helpful for teens taking mock exams

[\(4 minute watch\)](#)

Healthy sleep habits



How to support bedtime routines

Health Visitor, Mary Rheeston, explains how bedtime routines can support your child’s emotional and physical health

[\(short video watch\)](#)

Raising kind kids



Understanding your child: from toddler to teenager

Online learning journey to support your parenting and help nurture your child’s emotional health anytime, anywhere

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

Anxiety: all feelings welcome



Understanding anxiety

A digital hub of resources to support parents to understand feelings of anxiety in children and young people

[\(easy reads and watch digital hub\)](#)

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

Follow Togetherness on social media



TOGETHERNESS

www.togetherness.co.uk

0121 296 4448

togetherness@uhb.nhs.uk