SUPPORTING PARENTS AND CARERS IN ENFIELD

Enfield Parenting Directory

Our Directory has a range of evidence-based parenting resources to support parents & carers through their parenting journey

- Accessible and easy to use
- Available in different languages
- Direct links to Enfield Start for Life, Local Offer, Informed Families, My Life, EarlyHelp4All directory

Start for Life
0-2 years

Early Years
1-5 years

Primary Years
4-11 years

Tweens & Teens
10-18 years

For more information visit **www.enfieldparentingdirectory.co.uk**

Funded by

Start for Life

ENFIELD Council

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace

NHS

For teenagers

Free online courses to help you understand your feelings and brain development, to support your wellbeing

- **Understanding your brain** development and what this means for how you feel and behave
- **Understanding your feelings**, your mental health and how to nurture emotional wellbeing
- How your relationships and friendships may change and why
- Written for teenagers with teenagers

Designed by clinical psychologists in partnership with practitioners and teenagers

www.inourplace.co.uk

Residents of ENFIELD

In paid partnership with:

ENFIELD Council

Start for Life

Use Access Code
PYMMES