

# School's Out Take an emotional health check



Head into the summer with a better understanding of your **child's brain development** and their **emotional wellbeing** as you support them into their next new phase.

## FACT

Our brains develop most rapidly in childhood shaping our emotional health and wellbeing for the rest of our lives.

## HERE FOR YOU

Online courses developed by clinical psychologists can help you to **understand your child, read their behaviour and help them look after their emotional health.**



[inourplace.co.uk](https://www.inourplace.co.uk)

**Understanding your child** online course has been paid for by **North Yorkshire County Council**, so you can access it **completely free** using the code **NYFAMILIES**

Short courses on **Understanding the impact of the pandemic on your child or teenager** also included.