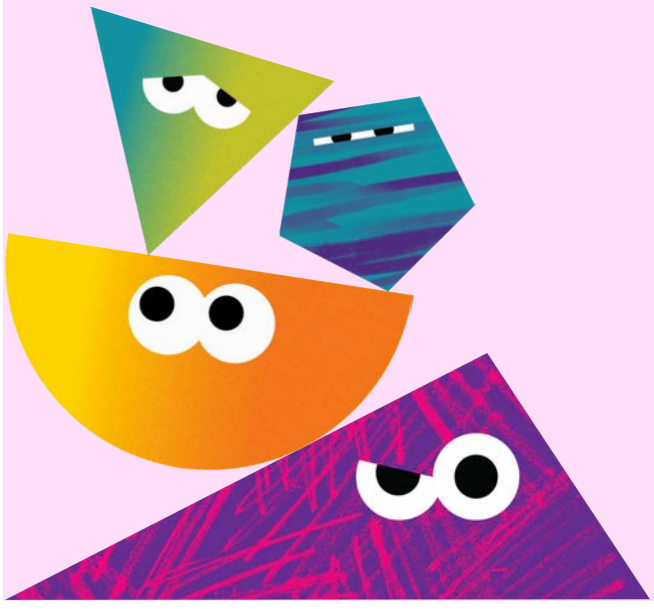


TOGETHERNESS

NHS

An update on

WELLBEING FOR EVERY SCHOOL PARENT

Your NHS learning space created by psychologists

December 2026

In the run up to Christmas holidays, 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.

Festive family tensions?

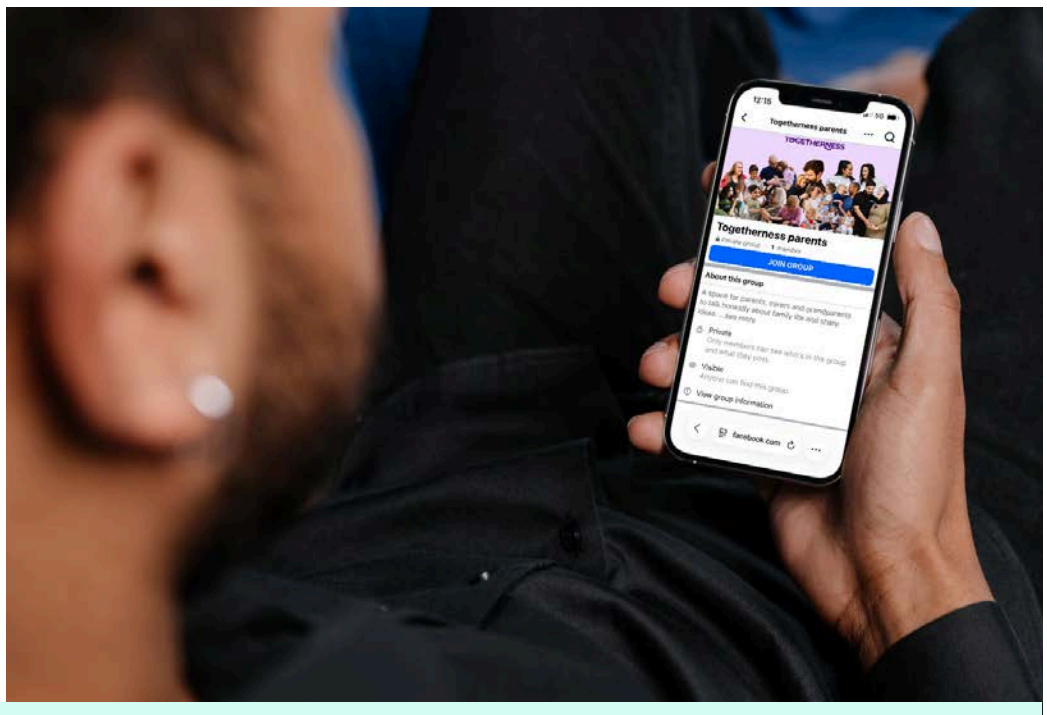


Understanding your relationships

It's normal to feel strain in your relationship or find some relations more difficult than others... and Christmas-time can be especially challenging.
This online learning pathway shares ideas from the relationship experts as well as other parent contributors to help you get along better

(bitesize e-learning)

Parenting with 'togetherness'

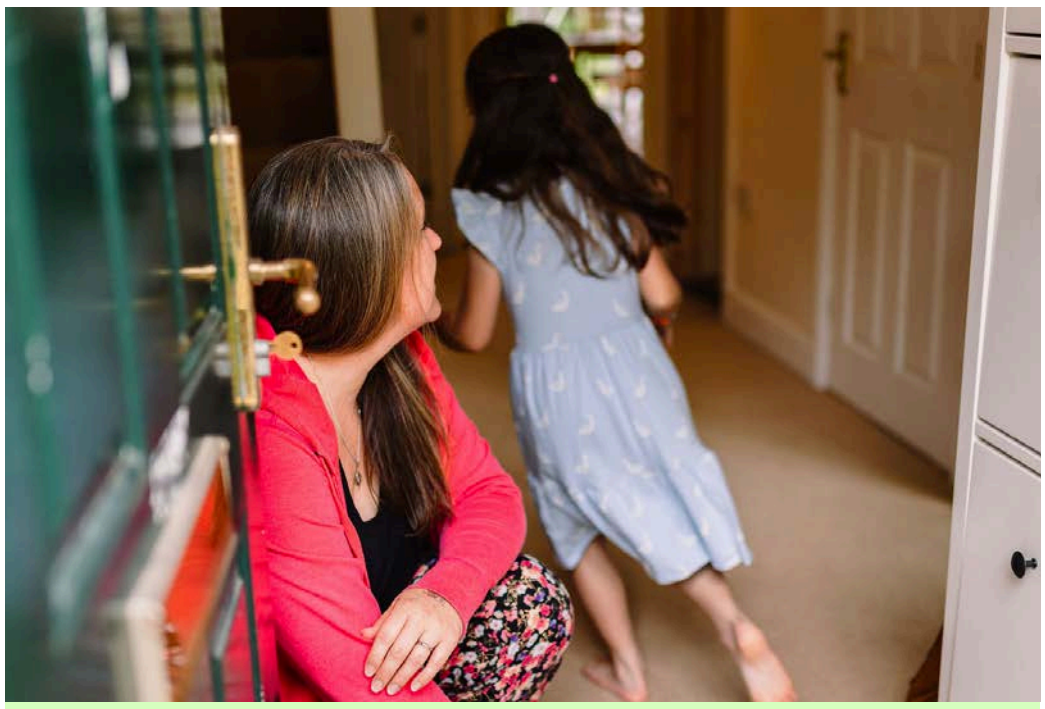


Join the Togetherness Facebook community

For parents on a learning journey with Togetherness. It's your place to ask the questions you might not ask out loud, share what's working, and hear from other people going through something similar

(Facebook community group)

School toileting accidents



My child has started having wet accidents at school

Advice on how to build your child's toileting confidence again

(1 minute watch)

Stockpiling, flooding, fires and other big conversations



Talking to children about climate change

The impacts and fears of climate change can be unsettling for children and parents too. It can be difficult to know how to be reassuring or comforting when you're unsure yourself

The Clinical Psychologist and Child Psychotherapist's advice

(3 minute read)

Finding your feet with a newborn at Christmas



Understanding your baby

Expecting a Christmas-time baby? Or close to someone who is? Learn about postnatal brain development and access trusted guidance on the big issues of sleep, feeding, soothing and connecting

(bitesize e-learning)

Tackling big teen stereotypes



For parents of teens: Supporting parents with Understanding your teenager's brain

Over 25,000 parents have completed Togetherness online learning for parents of teens. Read what they say

(3 minute read)

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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TOGETHERNESS

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