



TOGETHERNESS

An update on

WELLBEING FOR EVERY SCHOOL PARENT

Your NHS learning space created by psychologists

June 2026

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.

Transitions and SEND



Moving up to secondary school for parents of children with additional needs

A digital hub of resources all about 'moving up'. Plus tailored online learning to support parents of children with additional needs to navigate the transition to secondary

[\(digital watch hub and bitesize e-learning\)](#)

Time to check back in?



Understanding your child's mental health and wellbeing

A short learning pathway to help you connect feelings and behaviour with mental health

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

Baby on the way?



NHS safe sleep guidance: Understanding your baby

Postnatal learning that includes NHS guidance on safe sleep
([bitesize e-learning](#)).

Let's talk toileting



Toilet training and confident toileting with Togetherness

Emotionally aware approaches to understanding and supporting
positive toileting throughout childhood
([5 minute read](#)).

Myth busting parenting



Why being an imperfect parent works

Clinical Psychologist shares and explains the biggest parenting
myths
([short video watch](#)).

Learn on WhatsApp



Understanding your child: from toddler to teenager

Coming soon: Watch out for the new WhatsApp icon for your
learning in June: An even easier way to access learning about child
development and emotional health from NHS experts
([bitesize e-learning online](#)).

FREE ACCESS

You're receiving this update as your school is based in a free (pre-paid, funded) access area for [togetherness.co.uk](https://www.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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