



TOGETHERNESS



An update on

WELLBEING FOR EVERY SCHOOL PARENT

Your NHS learning space created by psychologists

September 2026

As we send our children back to school for another exciting term and year of learning, we're delighted to share some helpful resources for parents experiencing all the big emotions of growing children.

Togetherness is 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.

Sex, AI, conflict and relationships & more - a guide for parents



Understanding your child
in a changing world

Online learning to support you
navigating tricky parenting topics –
Social media, gaming, AI, friendships,
big opinions, sex, conflict and war

(bitesize e-learning)

Give them a confident back to school



What to pack in their
emotional health kit

Our child psychology experts share some
simple ways to help your child feel brave
and capable as they prepare for another
year of learning

(Instagram post)

Our celebrity ambassador



Kate Lawler joins
Togetherness

We're delighted to welcome Kate Lawler as our first celebrity ambassador who will host a live Q&A event on 23rd September for parents. Follow us on Instagram to stay up to date

(Live Q&A: follow us for more)

School readiness: toileting



Build their toileting
confidence and independence

Help your child to continue to strengthen their skills to use the toilet with confidence as they settle into big school

(5 minute read)

In the trenches with toilet training?



Myth busting
toilet training

If toilet training feels like a battle... you're not the only one! We bust the myths around toileting in this short video

(YouTube short)

Strengthen your connection



Understanding your
relationships

87% have found the pathway helpful.

One learner shared: "The pathway really made me think how important it is to see things from my partner's point of view and how normal it is to have hiccups in relationships."

(bitesize e-learning)

School anxiety?



Understanding your
child's feelings

The start of term can bring lots of changes and lots of feelings for children and parents. Our taster pathway can support you to recognise what your child might be feeling and gives you confidence to know how to respond

(bitesized e-learning)

Learn on WhatsApp



Understanding your child:
from toddler to teenager

An even easier way to access learning about child development and emotional health from NHS experts

**(bitesize e-learning on
Whatsapp)**

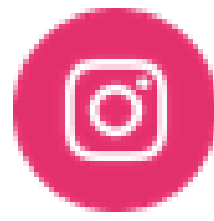
FREE ACCESS

You're receiving this update as your school is based in a free (pre-paid, funded) access area for Togetherness pathways

Find the **Free Access Checker** button in the course 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 the Togetherness on social media



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www.togetherness.co.uk

0121 296 4448

togetherness@uhb.nhs.uk