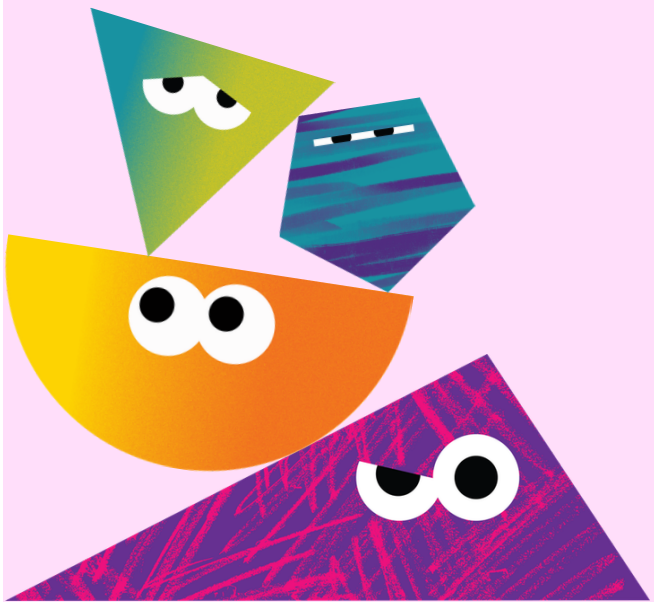


TOGETHERNESS

NHS

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 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

School readiness: toileting

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.

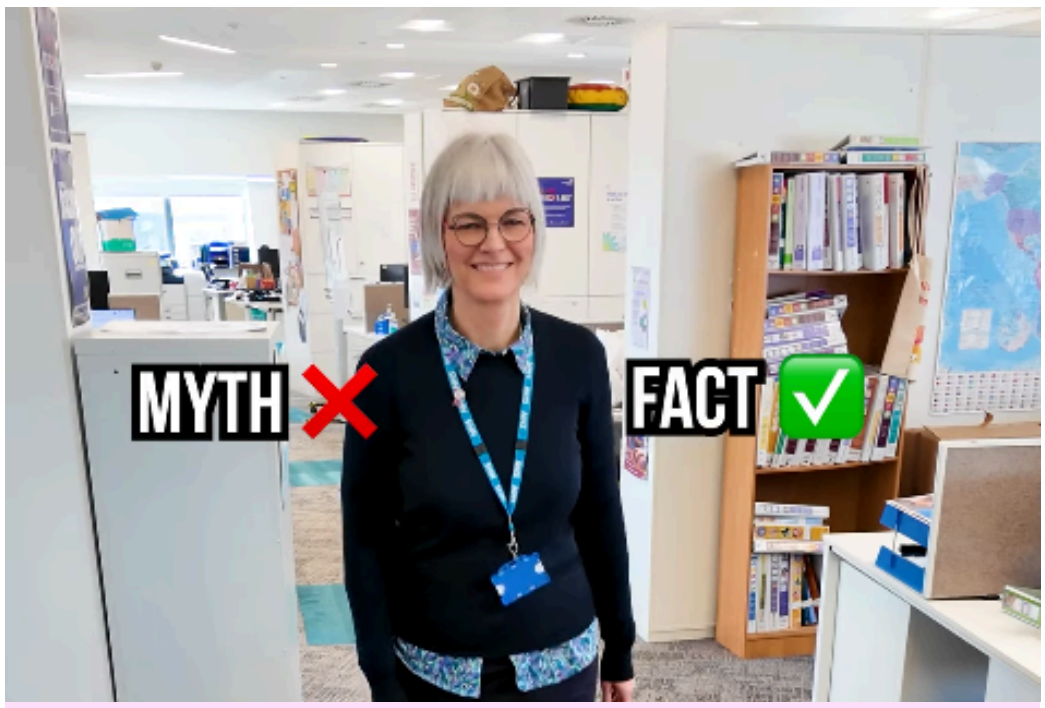
(Live Q&A: follow us for more)

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?

Learn on WhatsApp

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

(bitesize e-learning)

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.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

Follow Togetherness on social media

TOGETHERNESS

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