FREE

Be a positive parent

FREE Accredited online courses to support your children and help your family thrive

*(Available to complete online at home at a time which suits you, takes approximately 90 minutes and certificate on completion-*approved by the CPD Certification Service*)*

Child Online Safety

- Risks and issues associated with children going online
- How to understand and protect
- What children do online
- Supporting parents and carers
- Other specific control measures

Child Mental Health

- What is mental health
- Risk factors and protective factors
- Common mental health problems
- Supporting a child that may be suffering
- Developing a positive environment for a child's mental wellbeing.

Autism Awareness

- What is autism
- Key terms
- Causes
- Behaviours associated with autism
- Helping an individual with autism.

To book a place contact: Zaheda.noor@optivo.org.uk 0789 062 9471

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