



Where does it come from?

The Solihull Approach was first developed in Solihull in 1996 by Health Visitors and Psychotherapists working with families whose children were having feeding, sleeping, toileting and/or had behaviour difficulties. It has since been developed further and is now used by a wide range of professionals from different agencies who work with families. The Solihull Approach Model provides a framework for thinking about children's behaviour



Key Facts

- Open to parents of children aged 0-16.
- 10 week course, 2 hours a week, term time only.
- Focus on building a positive relationship between parents and children.
- Open to all parents regardless of their situation who want to look at building or maintaining good relationships within the family.

The Solihull Approach - Parenting Programme for Service Families

Starting Wednesday 4th May at Nomony Children's Centre - Cattedown

The programme is based on the Solihull Approach to parenting and focuses on the parent/child relationship. It aims to support parents in building positive and responsive relationships with their children.



What does it involve?

Parents are supported in thinking about what their child is telling them through their behaviour, covering a range of sessions such as:

- How do you know what you and your child are feeling?
- Tuning in to your child's developmental needs
- Having fun together
- Self-regulation.
- Sleep and anger.
- Different styles of parenting.
- How to recover when things go wrong.



Aims of the group:

- To promote understanding of children's behaviour within the context of development.
- To increase confidence and self-esteem in parents and children.
- To give parents a strategy for repair when things go wrong.
- To promote reflective, sensitive and effective parenting.



What is it about?

The Solihull Approach parenting group includes a range of strategies to enhance parent/ child relationships, designed to encourage a reflective style of parenting that leads to more sensitive and effective parenting. Parents are also helped to understand how they can influence their relationship with their child through play.

Parent comments:

'I now have more knowledge and understanding of how to develop a better relationship with my children'

'I'm now a calmer parent'

'I'm now more patient and feel more confident to deal with my child's emotions and behaviour'

'I now think more about how my children feel and to see things from their perspective'

Please email the Children's Centre to book a space – Creche spaces limited – plymouthchildrenscentres@barnardos.org.uk

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