

# Tîm Iechyd Cyhoeddus Betsi Cadwaladr Betsi Cadwaladr Public Health Team

## DEALL EICH PLENTYN UNDERSTANDING YOUR CHILD



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# What is The Solihull Approach?



- o The Solihull Approach is a not-for-profit *NHS* organisation promoting emotional health and well-being by supporting relationships. Established in 1996
- o Track record of providing highly acclaimed training courses to over 25,000 professionals in over 80 areas of the UK and further afield, within Health, Education and Social care
- o The Solihull Approach is included in the UK Department of Health's Healthy Child Programme
- o Nationally and Internationally acclaimed face to face courses for parents, carers and grandparents
- o Evidence based, accredited, online courses from pre-birth to adolescence, developed with practitioners and parents, tested in the field and with an ongoing research programme
- o Results are already showing a decrease in conflict in the home, and increase in closeness of relationships

# What's on offer?

BCUHB PUBLIC HEALTH TEAM HAVE PURCHASED A MULTI-USER LICENCE VALID UNTIL END **NOVEMBER 2022** WHICH ENABLES:

**FREE** ACCESS FOR **ALL NORTH WALES RESIDENTS** TO 4 ONLINE COURSES FOR PARENTS, PARENTS-TO-BE, AND CARERS

- **Understanding your Pregnancy, Labour & Birth**
- **Understanding your baby**
- **Understanding Your Child 0-18 yrs**
- **Understanding your teenagers brain**

# Solihull Approach Models & Aims (1)

- The Solihull Approach aims to increase emotional health and well-being through both practitioners and parents. It does this through resources and training across the child and family workforce
- It provides a framework for understanding and supporting the development and maintenance of sensitive, attuned relationships between parents and their infants/children
- Emotional attunement in turn enables infants/children to develop emotional and behavioural self-regulation skills for life, thereby increasing long-term resilience and mental health and wellbeing
- The majority of health visitors in the UK are now trained in the Solihull Approach model. Child and family practitioners from midwives to schools to social workers are being trained in the model. It has been taken into prisons, and the police and fire services



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# Solihull Approach Models & Aims (2)



Particular features of the Solihull Approach are:

- It is used for workforce development: increases skills and knowledge, consistency and shared language across agencies using the Solihull Approach
- It can be used for early intervention and prevention in the early years
- It can be used for everyone in a team e.g. children's centre, parent and baby unit, school (from receptionists to support staff to teachers)
- It provides parenting programmes from conception through to adolescence
- It has a particular emphasis on including fathers
- It increases the accessibility of parenting programmes through online courses, which have the same content as the face to face groups
- It provides a theoretical framework for working with emotional and behaviour difficulties and provides supporting evidence e.g. for Ofsted

# Brain development and the importance of early relationships



- Research shows that the brain has its most prolific period of growth and development during conception and the first three years. This is why it is so important to give the right support to families early on



- Attachment theory explains how the ways of relating to others learned in our earliest relationships (attachment pattern) become a blueprint for all future relationships
- Containment and Reciprocity (cornerstone theories in the Solihull Approach model) are the building blocks of a secure attachment pattern
- Supporting families with Containment and Reciprocity therefore promotes secure attachment patterns and positive relationships



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# What Parents think



- “This has been a really valuable experience that in a way will impact on many aspects of my life”
- “This course has been an absolutely invaluable gift to me. It has and will change so many aspects of my life. I am undoubtedly a better parent and more rounded and fulfilled person as a result. Some aspects have literally been like ‘Eureka’ moments to me! I WISH I’d known all this years ago”
- “The Solihull Approach course I did made it clear parents don’t need lessons: daily life throws us enough of those. What we need is the space to step back and observe our children. We need some structured guidance to help us reflect on all the factors that make them behave the way they do; some developmental, some circumstantial.”
- “I have found the online course very useful. Now, I take time to think more during difficult situations and during arguments with my kids.”
- “It doesn't work all the time but bit by bit, we are working towards a less confrontational household!”

# Benefits to Parents & Carers



- Increased confidence
- Decreases in conflict in the relationship with their child
- Increased closeness in the relationship
- Calmer household, better behaved children
- Able to recognise own emotions and seek support
- Improved couple relationship
- Approach situations thoughtfully, better able to see things from their child's perspective
- Increased understanding of child development
- Up to date knowledge for parents and grandparents

# Population Benefits



- Uplift in the emotional health of the next generation
- Improved emotional health and wellbeing by supporting relationships
- Inoculation against future mental health problems
- A shift in culture away from 'bad behaviour' and 'command and control' models of parenting towards recognising behaviour as a communication and supporting children to develop emotional and behavioural self-regulation skills
- Babies seen as needing support with emotional as well as physical development
- Emotional intelligence from an early age

# Benefits to Children



- Calmer parents, happier households
- Less conflict, more closeness
- Attuned sensitive care, more empathy by adults around them
- Tailored boundaries which take into consideration individual needs
- Develop ability to articulate, share and ultimately manage own emotions
- Resilience against mental health problems
- Emotional intelligence

# How does Solihull differ to other parenting programmes?

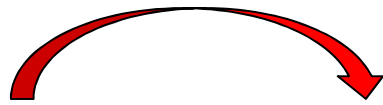


- Most modern parenting programmes now include a consideration of emotional wellbeing and relationships. And all these programmes can complement each other.
- Whereas most parenting programmes have a targeted approach, Solihull is also being delivered as a universal programme reaching wider audiences.
- Solihull Approach courses for parents are available online, with non-expiring access once registered. Many other parenting programmes are not available online.

# The Courses



- Accessible by PC, laptop, tablet and smart phone (modern browser required)
- 9-11 modules, 15-20 minutes each
- Recommended to take a few days between modules to put ideas into practice and complete 'Home Activities'
- Certificate at the end
- Indefinite access – once the coupon code has been used access is non-expiry even if code expires
- Non-prescriptive
- Introduces a way of thinking about what is going on, relevant across the age range – as demonstrated by virtual families within the courses



Name of course and module title

← Understanding your child / How your child develops

Module progress bar. Ticks = completed units, circles = units yet to complete

**What's different about the Solihull Approach?**

*Scroll to the bottom to "Mark as Completed" to progress through the units*

00:00 00:00 1.00x 30 35

Name of unit

Audio bar, plays automatically, can be switched off in settings



As a parent, you already know a great deal about your child. What's different about the Solihull Approach is that it applies key messages from research to add to your understanding of your child. You will find more ways to think about what your child is telling you through their behaviour. You will also find more ways to think about your relationship with your child.



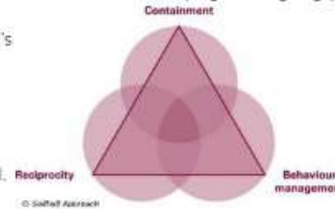
Whatever age your child is, this added understanding may help as you go through life, with all the unexpected situations that crop up as your child grows up.



The course begins by taking a look at how your child's brain develops and how this is linked to your relationship. It explains the concepts of containment and reciprocity and looks at how these are part of your relationship, which in turn is part of your child learning how to self-regulate or manage themselves. The course shows how this is the foundation for behaviours such as sleeping or being angry.

The course looks at your child's feelings, but starts with your feelings as a parent.

Click next to reflect on how being a parent makes you feel.



Have you completed this unit?

Mark as completed



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# How to find out more



- [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)
- [www.inourplace.co.uk](http://www.inourplace.co.uk)
- For help with technical issues contact [solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk) 0121 296 4448  
(The most common issue can be resolved by accessing the courses via a modern browser such as Google Chrome, Firefox, or Explorer 10)
- Any other queries contact the BCUHB Public Health Team at [nwsol@wales.nhs.uk](mailto:nwsol@wales.nhs.uk)