

# ONLINE GUIDES FOR PARENTS AND PARENTS-TO-BE

WARWICKSHIRE LICENCE



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UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

# WHY ONLINE GUIDES

## Our parents want more learning opportunities

- Research undertaken in 2016 with over 1,127 Warwickshire mums and dads highlighted the need for more opportunities to learn about becoming a parent, particularly during pregnancy and the early days after birth. Parents want information that will help build their confidence.

## Building parent-infant relationships

- We know we need to *act earlier* in Warwickshire to help grow parents' responsiveness and relationships with their infants.
- Research on parent-infant attachment shows that roughly 60% of children develop what's called a 'secure attachment' with their parents or other important caregivers. A less secure attachment can have an impact on infant and child wellbeing.

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# WHAT IS ON OFFER?



THE WARWICKSHIRE SMART START PROGRAMME HAS PURCHASED A MULTI-USER LICENCE (MUL) FOR THREE 'SOLIHULL APPROACH' ONLINE GUIDES

- o VALID FROM 12 JULY 2017 to END JULY 2018 .
- o PUBLIC LAUNCH WEDNESDAY 17TH AUGUST 2017

NOTE: THIS INITIATIVE TO BE EVALUATED BEFORE NEXT LICENCE PHASE (July 2018/19)

## Are these 'guides' or 'courses'?

Essentially they are three separate courses, with modules. They have been called 'guides', as Warwickshire parents have told us that the term 'course' is off-putting.

Note: Coventry will also be purchasing an MUL for July 2017-18

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# THREE **FREE** GUIDES ON OFFER



**ALL WARWICKSHIRE PARENTS, PARENTS-TO-BE, AND CARERS  
WILL HAVE FREE ACCESS TO THE FOLLOWING ONLINE GUIDES:**

**Understanding Your  
Pregnancy**  
(9 modules)



**Understanding Your  
Baby**  
(9 modules)



**Understanding Your  
Child**  
(11 modules)



# WHAT IS THE SOLIHULL APPROACH?

- The Solihull Approach is a not-for-profit *NHS* organisation promoting emotional health and well-being by supporting relationships. Established in 1996.
- 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
- The Solihull Approach is included in the UK Department of Health's Healthy Child Programme, in Northern Ireland's strategy for training health visitors and midwives, in Scotland's strategy for training health visitors and child practitioners.
- Nationally and internationally acclaimed face to face courses for parents, carers and grandparents
- Evidence based, accredited, online courses from pre-birth to adolescence, developed with practitioners and parents, tested in the field and with an on-going research programme.
- Results are already showing a decrease in conflict in the home, and increase in closeness of relationships.

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# CAN WE TRUST THESE COURSES?

- 'Understanding Your Child' has been awarded the DfE CanParent Quality Mark – the only recognised accreditation for parenting courses
- NICE guideline compliant (Ng13)
- Published research portfolio available for face to face version est. 10yrs ago. Current analysis of 121 results: online course – highly significant results.
- 'Understanding your child' - highly statistically significant increases in closeness and decreases in conflict in 1<sup>st</sup> 115 participants who completed all modules and pre and post measure (Pianta Child-Parent Relationship Scale) School Leadership Today, June 2017, [www.teachingtimes.com](http://www.teachingtimes.com)
- 'Understanding your pregnancy...' shows decrease in anxiety, increase in intention to breastfeed (Shahid & Johnson, 2017, submitted for publication to Evidence Base Midwifery)
- 'Understanding your baby' – research in progress



*"Really enjoyed this course. Best £39 I've ever spent!" (parent)*

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# IMPORTANCE OF GOOD MARKETING

- There is some stigma associated with 'parenting courses' and a need to 'normalise' parent education so it is seen to be valuable for ALL parents/carers.
- Research with 1,127 parents/carers in Warwickshire in 2016, suggests parents think that parenting courses are mainly designed for those with problematic parenting styles. Indeed, some associate them with being punitive and linked to social care services.
- Coventry University have been working with the Smart Start Programme and more than 200 Warwickshire parents to research and co-produce messages and images that parents say would be more likely to resonant and make them want to access these online courses.



# SOLIHULL APPROACH MODEL AND AIMS (1)

- The Solihull Approach aims to increase emotional health and well-being of infants and children through practitioners and parents. It does this through resources and training across the maternity, infant, 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 Warwickshire and the UK are now trained in the Solihull Approach model. Child and family practitioners from midwives to schools to social workers are beginning to be trained in the model. It has been taken into prisons, and the police and fire services.

\***Attunement** describes how responsive a parent is to their infant or child's emotional needs and mood.

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# 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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# SOLIHULL APPROACH MODEL AND 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, nursery, 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

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# UNDERSTANDING YOUR PREGNANCY, LABOUR, BIRTH AND YOUR BABY – ONLINE COURSE

**Module 1 Welcome!**

**Module 2 Helping you and your baby through pregnancy and birth**

**Module 3 Getting to know your baby in the womb**

**Module 4 You, your baby and the stages of labour**

**Module 5 Helping you and your baby through labour and birth**

**Module 6 Feeding your baby**

**Module 7 Who's the Daddy now? – I'm the Daddy!**

**Module 8 After your baby is born**

**Module 9 Congratulations**

Developed by Registered Midwives working with health professionals in the Solihull Approach team.

It has the same content as the Solihull Approach face to face antenatal course, which has the same name 'Understanding pregnancy, labour, birth and your baby.'

If a parent cannot access an antenatal group, this course is a good alternative

If one parent is in an antenatal group and their partner can't attend, this course is a good alternative for their partner and others around the baby

It means that everyone around the birth of this baby can do this course, including grandparents

There are 9 modules

There are interactive activities, quizzes and video clips

It works on mobiles, tablets, Pcs, Macs, ipads and laptops

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# UNDERSTANDING YOUR BABY – ONLINE COURSE

**Module 1** Understanding feelings: both yours and your baby's

**Module 2** Understanding your baby's brain

**Module 3** Understanding your baby's crying

**Module 4** How to respond to crying

**Module 5** Understanding your baby's rhythms

**Module 6** Developing healthy sleep patterns

**Module 7** Understanding your baby's feeding

**Module 8** Who's the Daddy now? – I'm the Daddy!

**Module 9** Understanding your baby's development and play

**Module 10** Understanding your baby's childcare

**Module 11** Congratulations

This course gives parents information about their baby's brain development and their baby's physical and emotional development. It shows how important their relationship with their baby is for the baby's development.

It integrates the traditional information given on a postnatal course with this new approach to developing your relationship with the baby. It looks at the baby's sleeping, feeding, crying, playing and childcare options.

The course was developed by Health Visitors working with health professionals in the Solihull Approach team.

If a parent cannot access a postnatal group, this course is a good alternative

If one parent is in a postnatal group and their partner can't attend, this course is a good alternative for your partner and others around the baby

It means that everyone around the baby can do this course, including grandparents

There are 11 modules, interactive activities, quizzes and video clips.

It works on mobiles, tablets, Pcs, Macs, ipads and laptop

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# UNDERSTANDING YOUR CHILD – ONLINE COURSE

- Module 1** How your child develops
- Module 2** Understanding how your child is feeling
- Module 3** Tuning into what your child needs
- Module 4** Responding to how your child is feeling
- Module 5** Different styles of parenting
- Module 6** Having fun together
- Module 7** The rhythm of interaction
- Module 8** Why is sleep important?
- Module 9** Self-regulation and anger
- Module 10** Communication and tuning in
- Module 11** Looking back and looking forwards

Online course for parents of children aged 6 months to 18 years. The first online course for parents to be awarded the Government's CANparent Quality Mark.

Developed by the Solihull Approach team; health professionals working together with parents and practitioners.

For curious parents, for Dads who want to be the best Dads they can be, for Mums who want to be the best Mums they can be.

Over 90% of parents think that a parenting course would be useful.

The course can be done at a time and place to suit family life

It is 11 modules long and each module takes about 20 minutes with voiceovers for the main text

There are interactive activities, quizzes, video clips and practical handouts

Works on Pcs, Macs, ipads, laptops, mobiles and tablets

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# WHAT DO PARENTS THINK?

*“Seriously impressed that the kid’s school have subscribed for all parents/relatives of pupils to access the Solihull Approach course....*

*... It’s all about recognising emotions in yourself and your child and understanding how they impact upon behaviours rather than the old fashioned praising of good behaviours and ignoring of bad. It acknowledges that perceived bad behaviours need attention too as the cause may be stress/unhappiness/anxiety and those things shouldn’t be ignored but supported. ...*

*...The key to reducing “bad” behaviours is understanding your child as an individual and their emotional triggers and how you can work with them to manage them. Hooray! Thanks St Nicks... you’ve save me £40 and reassured me that I’m using the right approach 😊...*

*...It’s online, just 11 modules that you listen to/watch approx. 4/5 days apart and is VERY informative. ...*

*...wowzer... it feels like a “one small step for man” moment! ...There’s a section about child development 0-3 years at the start and it says stuff I didn’t know even though I’ve studied it about babies turning their heads away to make neuron connections ...sooooo good.” (Jen W, Alcester)*

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# WHAT DO PARENTS THINK?

*“Really enjoyed this course! Best £39 I’ve ever spent!”*

*“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!”*

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# BENEFITS TO PARENTS AND CARERS

- ✓ Increased confidence
- ✓ Decreases in conflict in the relationship with their infant or 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 and reflectively
- ✓ **better able to see things from their baby, infant, or child's perspective**
- ✓ Increased understanding of child development
- ✓ Up to date knowledge for parents and grandparents

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# 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

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# 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

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# HOW DO PARENTS ACCESS THE GUIDES?

- Visit <http://www.warwickshire.gov.uk/parentguides> Find Warwickshire's FREE registration codes for each course.
- Complete a few monitoring questions
- From the Warwickshire page they will then need to:
- Click through to [www.inourplace.co.uk](http://www.inourplace.co.uk)
- Create an account using an email address and own password
- Click on 'Take Course' in the course of your choice
- Click on 'Already got a discount coupon?'
- Insert the relevant FREE Warwickshire registration code, and click 'Apply coupon'
- Access the course!
- Once parent has created an account they enter 'select the course' they wish to access and enter the relevant code\*.

*\*Note:* Their account remembers that they have access to that course and resumes where they left off.

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## What's different about the Solihull Approach?

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-

### How you are doing?

Module 1	How your child develops	◀
Module 2	Understanding how your child is feeling	◀
Module 3	Tuning into what your child needs	◀
Module 4	Responding to how your child is feeling	◀
Module 5	Different styles of Parenting	◀
Module 6	Having fun together	◀
Module 7	Rhythm of interaction	◀
Module 8	Why sleep is important?	◀
Module	Self Regulation and Anger	

# MORE ABOUT 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.

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# 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).

- For any other queries by professionals contact Public Health Admin [phadmin@warwickshire.gov.uk](mailto:phadmin@warwickshire.gov.uk).

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