

SOLIHULL APPROACH

Training options for professionals

What is the Solihull Approach?

The Solihull Approach is a programme within the NHS. It is a highly practical way of working with families within a robust theoretical structure. It is an early intervention model and is also used in preventative and group work and online courses for parents. It has a major contribution to make to the ways in which practitioners in health, education, voluntary and social care can work with families to ensure that children have a good emotional start in life. We have worked with practitioners across the children's workforce, including children's centre workers, psychologists, midwives, teachers, social workers, family support workers, and especially health visitors, providing an integrated model of working, supported by a number of open learning resource packs and face-to-face training for professionals. We have developed face to face groups for parents and online courses that include: antenatal, postnatal and 0-18 years.

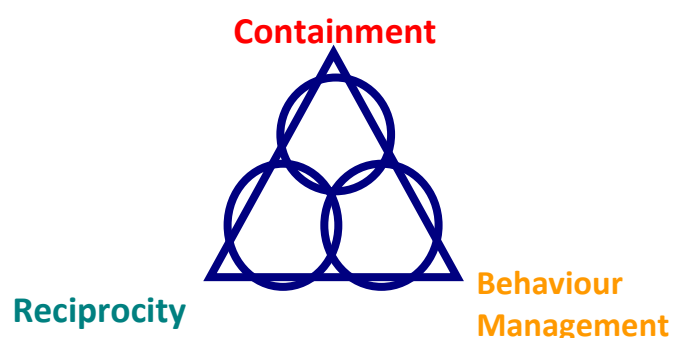
Evidence based: Published quantitative and qualitative research from around the UK.

Affordable: Competitively priced with a manualised, cascade system.

Effective: Increases emotional health and well-being in parents and children.

Increases practitioners' skills and confidence. Included in the Healthy Child Programme.

How does the Solihull Approach work?

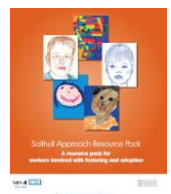
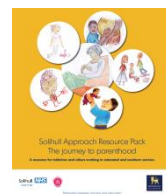


The Solihull Approach model combines three theoretical concepts, containment (psychoanalytic theory), reciprocity (child development) and behaviour management (behaviourism). It provides a framework for thinking for a wide range of professionals working with families with babies, children and young people. Containment and reciprocity underpin relationships and brain development as well as the quality of an attachment.

What resources and training are available to support the Solihull Approach?

Resource packs

- The **First Five Years** resource pack
- The **School Years** resource pack
- **Antenatal: Journey to Parenthood** resource pack
- **Fostering & Adoption** resource pack



Training & Manuals – Training can be arranged in your local area for groups or in Solihull for individuals.

Foundation Trainings

- **2 Day Foundation training** – An introduction to the Solihull Approach model and linking the model to practice. The two training days are separated by a fortnight to facilitate professionals to use the model in their practice and feedback their experiences on day 2.

Group Facilitation training

- **Solihull Approach Antenatal Parenting Group Facilitators' manual and training** - For professionals to facilitate the 5-week 'Pregnancy, labour, birth and your baby' antenatal parenting group.
- **Solihull Approach Postnatal Parenting Universal Group Facilitators' manual and training** - For professionals to facilitate the 6-week 'understanding your baby' group for group (0-12 months of age).
- **Solihull Approach Postnatal Parenting Plus Group Facilitators' manual and training** - For professionals to facilitate the 6-week 'understanding your baby' group for group (0-12 months of age).
- **Solihull Approach Parenting Group Facilitator training & Facilitators' training and manual – Understanding your child's behaviour** – For professionals who plan to run the 10-week Solihull Approach Parenting Group for parents and carers who want to know more about sensitive and effective parenting **Addenda to adapt the group for parents of children with ASD, children with disabilities, children with learning difficulties and adoptive parents.**
- **Solihull Approach Foster Carer Course Facilitator training and manual** - to facilitate our 12-week 'Understanding your foster child's behaviour' group for foster carers.

Train the Trainers and manuals for cascade training

- **Train the Trainers course and trainer's manual** – One-day training for professionals who have been integrating the Solihull Approach model into their practice and who plan to cascade the 2 Day Foundation training to other professionals within their own area.
- **Parenting and Postnatal Train the Trainers training and manual** – For those who plan to cascade the Parenting Group Facilitator training to other professionals in their area as part of their work.

Solihull Approach Plus

- **Brain Development Seminar trainer's manual** - to deliver a half-day seminar to practitioners on brain development from early childhood to teenage years.
- **Attachment Seminar trainer's manual** – to deliver one day seminar covering the basics of attachment theory and how the quality of attachment can be explained using the Solihull Approach
- **Understanding Trauma trainer's manual** – to deliver one day seminar covers recognising and understanding trauma in adults and children and effects on brain development and how to support traumatised children adult and communities. How the Solihull Approach underpins all of this.

Other manuals

- **Workshop for Parents of Young Children, Babies & Toddlers / Workshop for Parents of Teenagers Trainers' Manuals** - to deliver 2-hour workshop to parents on brain development and reciprocity.
- **Peer Breastfeeding Supporter training Trainers' Manual** - to deliver a 6-week course to partners, family members and friends on supporting breastfeeding mothers.

Online Courses

Courses are access via our parent website: www.inourplace.co.uk Information for professionals available from www.solihullapproachparenting.com

- Antenatal parenting course
- Postnatal parenting course
- Understanding your child (0-18yrs) Course for Parents

Multi user licences for online course

There are a range of multi user licences for Solihull Approach online courses that can be purchased by professionals. For more information please contact the Solihull Approach office.

Website for professionals

www.solihullapproachparenting.com includes information about Solihull Approach, training and resources, research, online courses, data returns for groups, information for commissioners.

Website for parents



Ourplace is a free service offering a secure online for parents, grandparents, friends and relatives to connect, learn, record and share information about their children as they grow and develop.

Research

- **Douglas, H. and Ginty, M. (2001)** The Solihull Approach: changes in health visiting practice *Community Practitioner*, 74:6, 222-224 The results showed improved consistency and broader understanding of how difficulties develop
- **Douglas, H. and Brennan, A. (2004)** Containment, Reciprocity and Behaviour management: Preliminary evaluation of a brief early intervention (the Solihull Approach) for families with infants and young children *The International Journal of Infant Observation*, 7:1, 89-107 Results showed overall decrease of parental anxiety of 66%. There was also a significant reduction in anxiety relating to the problem and problem severity decreased.
- **Douglas, H. and Whitehead, R.E. (2005)** Health Visitors experiences of using the Solihull Approach *Community Practitioner*, 78:1, 20-23 Evaluation outlined changes in practice, focusing more on emotions and trying to understand the story
- **Milford, R., Kleve, Lea, J. and Greenwood, R. (2006)** A pilot evaluation study of the Solihull Approach *Community Practitioner*, 79:11, 358-362 Used experimental (Solihull Approach) and control group (Standard Health Visiting Practice). Results showed statistically a significant decrease in distress, parental perception of child difficulty in favour of experimental group. Also greater reduction in overall stress levels in experimental group.
- **Bateson, K., Delaney, J. and Pybus, R. (2008)** Meeting expectations: the pilot evaluation of the Solihull Approach Parenting Group *Community Practitioner*, 81, 28-31 **Conclusion** - both parental anxiety and child behavioural problems improved significantly over the course of the 10-week group. There is an interesting relationship between changes in the CBCL and changes in the BAI in that there is a significant positive correlation between some changes in CBCL and BAI.
- **Johnson, R. and Wilson, H. (2012)** Parents' Evaluation of 'Understanding Your Child's Behaviour', a parenting group based on the Solihull Approach *Community Practitioner* 85 (5) 29-33
- **Vella, L., Butterworth, R., Johnson, R. and Urquhart Law, G. (2015)** Parents' experiences of being in the Solihull Approach parenting group, 'Understanding Your Child's Behaviour': an interpretative phenomenological analysis. *Child: Care, Health and Development* 41:6, 882-894.

- **Appleton, R., Douglas, H. and Rheeston, M. (2016)** Taking part in 'Understanding Your Child's Behaviour' and positive changes for parents. *Community Practitioner*.89 (2):42-48.

And more...

For further details from the Solihull Approach team:

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For details of local Warwickshire training opportunities contact:

Public Health Admin phadmin@warwickshire.gov.uk for information on local training options.

Professionals' website: www.solihullapproachparenting.com

Parents' website: www.inourplace.co.uk