

A Resource Pack For
Schools & Early Years
Settings In Warwickshire

Free Online Guides For Parents

Guides designed by
the 'Solihull Approach' ,
which is a theory driven
model or 'way of
thinking' proven to
strengthen parent-child
relationships.



Section One: Introduction to Resource Pack

This pack is designed to help you tell parents, carers and staff in your school community about three Online Guides for parents and teens.

It contains materials for your use in encouraging parents, carers, grandparents, colleagues and even teens to take up this amazing learning opportunity.

Warwickshire County Council has purchased these nationally acclaimed online Guides (courses) - designed to help parents feel more confident.

Every single parent, grandparent, or carer living in Warwickshire can now access these Guides

FREE OF CHARGE.

The Guides have been designed by NHS experts and are part of the evidence-based 'Solihull Approach' programme, which supports mums, dads and carers to develop positive and responsive relationships with their infants, children, and young people.

In turn, this helps to strengthen emotional resilience and wellbeing, so infants and children are able to bounce back from life's various challenges.

They are designed to be universally supportive, you do not necessarily need to be facing difficulties to benefit from them.

The suite of online 'Solihull Approach' Guides currently include:

- 'Understanding Your Pregnancy, Labour, Birth and Your Baby'
- 'Understanding Your Baby' (newborn)
- 'Understanding Your Child' (0-19+ years)
- 'Understanding Your Child with additional needs' (0-19+ years)
- Understanding your teenager's brain (short course)
- Understanding your brain (for teenagers only!)
- Understanding your child's mental health and wellbeing
- Understanding your child's feelings (taster course)
- Understanding your relationships

There is something for EVERYONE!



Why Guides for parents?

Lots of parents worry about whether they're doing things right, and can sometimes think other parents are doing a better job. But there's no such thing as a perfect parent and behind closed doors everyone is trying to do the best they can, and learning as they go along.

Recent research with over 1,127 Warwickshire mums and dads highlighted the need for more opportunities to learn about being a parent. Parents said they wanted information that would help build their confidence.

By the time children reach 14 years of age, 50% of mental health problems are already established. For this reason, we need to act earlier in Warwickshire to help grow parents' confidence, responsiveness and relationships with their infants, children and young people.

We know online courses won't suit all parents, but they can play a very useful role within a mix of different learning options, particularly for working parents.

The need to normalise parenting education

Parents have told us that the very suggestion of doing a 'parenting course' can be viewed as people thinking there's something wrong with their parenting style and relationship with their child. This can lead to a sense of stigma in relation to 'parenting courses'.

By carefully marketing these online 'Guides', we want to create a positive

shift where all parents, grandparents and carers in Warwickshire want to access such learning.

We do not want parents to view this learning offer as criticism of their ability to parent, but rather as something that *every* parent does as a matter of choice.

How to market these Guides

The way in which professionals explain these Guides is important. For example, we have used the term 'guides' instead of 'courses' as Warwickshire parents have told us that the term 'course' can be off-putting.

The key message is that these Guides are for **everyone**, regardless of **whether they're experiencing difficulties**.

They provide a way of understanding infant, child and young people's behaviour and emotions, and do not 'preach' or tell parents what to do.

Frequent, consistent and positive promotion and communication across a variety of media is important.

How parents access the Guides

The three Guides can be accessed via any PC, Mac, iPad, laptop or smartphone.

1. Visit warwickshire.gov.uk/parentguides
2. Find Warwickshire's FREE access code at the bottom of each Guide display box.
3. From the Warwickshire page you will then need to click through to inourplace.co.uk
4. Apply the Access Code

(Note: once parents access the in our place web page the term 'guide' is replaced with 'course'.)

5. Create an account using an email address and own password
6. Access the course!
7. To resume a course go to inourplace.co.uk and sign in.

On returning to inourplace.co.uk and signing in, the user can click 'resume course'.

The account will 'remember' that they have access to the course, and will resume where they had got up to, during a previous session.

Once registered for one course there is no need for them to return to the warwickshire.gov.uk/parentguides, as the remaining courses can all be accessed within the learner's dashboard at inourplace.



Section Two: Resource Pack Materials

Content Of This Resource Pack:

Materials

2a	Understanding Your Child Flyer (A4)
2b	Understanding Your Child Flyers (A5)
2c	Understanding Your Baby Flyer (A4)
2d	Understanding Your Pregnancy Flyer (A4)
2e	Email template to introduce the courses to parents
2f	Information sheet for parents (FAQs)

How to use these materials

You may choose to use all, only some or none of the items in this section.

All these materials, and some others, can be found in PDF and Word formats on warwickshire.gov.uk/smartstartgetinvolved

This web-page allows you to easily print off the posters and FAQ, and adapt the email template to suit your school, early years setting, or organisation.

Contact us

For any queries relating to these materials, or the implementation of the three Guides, please contact Warwickshire Public Health:

Email:
phadmin@warwickshire.gov.uk

Phone:
01926 413770

Alternatively, you can contact the Solihull Approach office for queries on content and difficulties accessing In Our Place.

Email:
solihull.approach@uhb.nhs.uk

Phone:
0121 296 4448

2a

NHS



Understanding your child – for parents of 0–19+ year olds – a FREE online guide

- Want to feel reassured as a parent that you're doing the right thing?
- Want to make sense of your child's development and behaviour?
- Want to learn about the importance of play for your child's development?

Start learning today

warwickshire.gov.uk/parentguides

Smart
Start

 Warwickshire
County Council

UNDERSTANDING YOUR CHILD

SOLIHULL APPROACH



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2c



Understanding your baby – a FREE online guide

- Develop your relationship with your new baby
- Feel more confident as a new parent
- Developed by health visitors and child psychologists

There are also FREE online guides to 'Understanding Your Pregnancy' and 'Understanding Your Child'.

Start learning today – warwickshire.gov.uk/parentguides



2d



Understanding your pregnancy – a FREE online guide

- Facts about labour & birth
- Build your confidence in becoming a parent
- Developed by midwives and child psychologists

There are also FREE online guides to 'Understanding Your Baby' & 'Understanding Your Child'. **Start learning today –**
warwickshire.gov.uk/parentguides



2e

Here is text for you to cut and paste into an email to send to parents in order to introduce the FREE online guide/s. There are separate attachments which can be inserted into such an email, with instructions about how to access the guide/s and a Frequently Asked Questions sheet.

Attachments: FAQ for parents see 2f.

Dear parents and school community,

‘Understanding Your Child’ Guide for Parents

Warwickshire County Council is offering FREE award winning, quality marked Guides for parents and carers (each guide usually costs up to £39 per person).

In recent research with over 1,127 Warwickshire mums and dads, they told us they wanted more opportunities to learn about being a parent and to increase their understanding of their children’s development and behaviour.

These Guides are designed to help build the confidence of parents and carers and grow their relationships with their children. In turn, this will build the emotional strength of their children, so they’re able to bounce back in life.

To get started visit warwickshire.gov.uk/parentguides and find Warwickshire’s FREE registration codes for each Guide. Click through to inourplace.co.uk to enter your code and begin learning.

Content of the ‘Understanding Your Child’ Guide:

Module 1	Welcome!
Module 2	How your child develops
Module 3	Understanding how your child is feeling
Module 4	Tuning into what your child needs
Module 5	Responding to how your child is feeling
Module 6	Different styles of Parenting
Module 7	Having fun together
Module 8	Rhythm of interaction
Module 9	Why sleep is important?
Module 10	Self-Regulation and Anger
Module 11	Communication and Tuning in
Module 12	Looking back and Looking forward

2f



FAQ for Parents: **Free Online Guides For Parents**

What is the evidence supporting these online courses?

These Guides have been written by NHS experts and are designed to help build the confidence of parents, and to grow their relationships with their infants, children and young people.

This helps to build the emotional strength of their children so they are able to bounce back from various challenges.

What are these free Guides?

We are offering FREE learning Guides for ALL parents, grandparents and carers in Warwickshire:

- Understanding your child (for parents of children and young people aged 0 -19+ years of age).
- Understanding your child with additional needs (for parents of children and young people aged 0 -19+ years of age).
- Understanding your Baby
- Understanding your Pregnancy

Research shows that these Guides help parents build a better understanding of the feelings of their infants and children and how to manage those feelings and behaviour, as well as strengthening family communication and increasing closeness.

How much time do they take?

All Guides (courses) can be completed flexibly, at your own pace, to suit your family life. They have 9-11 **Modules**, each taking 20 minutes. Perhaps try and do one or two a week? There are also activities for you to try between sessions, to enhance your learning.

- Understanding your teenagers's brain (short course)
- Understanding your brain (for teenagers only!)
- Understanding your relationships

How do I get started?

The three Guides can be accessed via any PC, Mac, iPad, laptop or smartphone. Steps to access:

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2. Find Warwickshire's FREE access code at the bottom of each Guide display box
3. Click through to inourplace.co.uk and apply access code
4. Create an account using an email address and your own password
5. Click on 'Start Course' in the course of your choice and get started!

- Understanding your child's mental health and wellbeing (accompanies UYC and UYCAD)
- Understanding your child's feelings (taster course)



On returning to inourplace.co.uk and signing in, you can resume your learning. Your account will 'remember' that you have access to the course, and will resume where you had got up to course'.