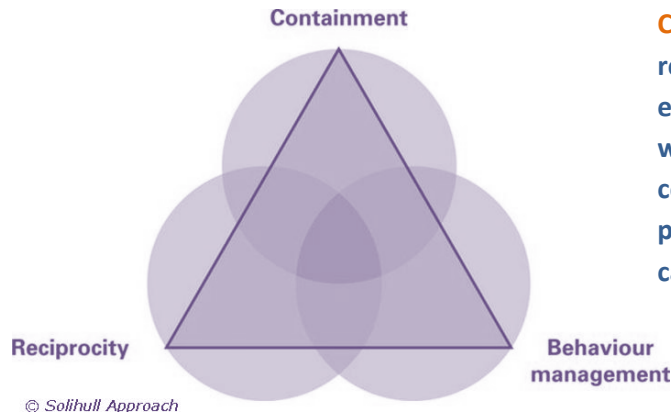


What is the Solihull Approach?

The Solihull Approach model is a helpful framework for thinking about relationships, behaviour and emotional health and well-being. Supports work with families, children and young people. Individual, group and online. Antenatal to 18 years.

Reciprocity – describes the sophisticated interaction between a baby and an adult where both the baby and the adult are involved in the initiation, regulation and termination of the interaction. Reciprocity also applies to the interaction between adults.



Containment is where a person receives and understanding the emotional communication of another without being overwhelmed by it and communicates this back to the other person. This process can restore the capacity to think.

Behaviour Management – sensitive and effective behaviour management is a product of containment and reciprocity and therefore is placed at the end of the process and is customised to the parent/child relationship

For more information contact the Solihull Approach team:
0121 296 4448 solihull.approach@heartofengland.nhs.uk

www.solihullapproachparenting.com
www.inourplace.co.uk

Solihull Approach Training

2 Day Foundation training

- **Core**/ multiagency 0-18years
- **Antenatal** for midwives and others working in antenatal period
- **Fostering & Adoption and Social Worker**
- **Keeping Trauma in Mind** practitioners working with adults

Whole school training Inset day plus twilight follow-ups

Group Facilitator trainings

To run group for parents, or to run antenatal parenting group, or course for foster carers

Train the Trainer to be able to cascade training to other staff

Early Years Foundation Stage Training for nursery nurses, etc.

Advanced Trainings: Brain Development Seminar, Attachment Seminar and Understanding Trauma

Online Courses for Professionals: Understanding Trauma, (Understanding Attachment - coming soon)

Solihull Approach Packs

Resource packs (include theoretical information, case examples and leaflets)

- First Five Years
- School Years
- Fostering & Adoption
- Antenatal: Journey to Parenthood

Information booklets

To supplement Whole school training and Understanding Trauma seminar

Facilitators' Manuals

Each designed for running a specific group for parents or carers

Trainers' Manuals to deliver:

- 2 Day Foundation training (Core, Fostering & Adoption, Antenatal)
- Group Facilitator trainings (various)
- Early Years Foundation Stage Training (2 x 5hr days)
- Peer Breastfeeding Supporter Training to partners, family, etc.
- Seminars for practitioners or workshops for parents

Solihull Approach Groups

Group for parents

'Understanding your child's behaviour'
10-week group for all parents

Antenatal Parenting Group

'Understanding pregnancy, labour, birth and your baby'
(5 week course) merging information about labour and birth with focus on developing parent-baby relationship

Postnatal Group 'Understanding your baby' 6-8 week course for parents of 0-12 month olds, focus on relationship and emotional development

Foster Carers' Course

(12 week group) Focus on understanding what is being communicated through a child's behaviour

Online Courses for Parents

Antenatal, Postnatal, and Parenting 0-18 yrs. Contact office for information about individual codes or Area wide licences