



# Solihull Approach Newsletter

Contact us on 0121 329 1910 or email [Solihull.approach@heartofengland.nhs.uk](mailto:Solihull.approach@heartofengland.nhs.uk)  
[www.solihull.nhs.uk/solihullapproach](http://www.solihull.nhs.uk/solihullapproach)

## New research on the Solihull Approach parenting programme

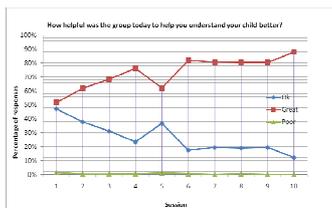
The Solihull Approach parenting programme 'Understanding your child's behaviour' reduces behavioural difficulties in children whilst also reducing anxiety in parents. We wanted an insight into why parenting skills improved. 137 parents completed feedback questionnaires on their experience of each of the 10 sessions of the group. We asked them how relaxed they felt and how able they felt to share experiences, how much the group enabled them to understand their child and how much the group enabled them to change.

98% of people felt that

the group helped them to relax and share experiences. The unexpected results happened with the next two questions.

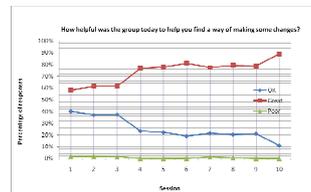
Jane Barlow, University of Warwick, systematically reviewed parenting programmes for NICE and found that effective parenting programmes tended to consist of 10 sessions of 2 hours each. But why?

This graph shows that parents understanding of their child increased over



the 10 sessions (red line).

This graph shows how much the group enabled them to



change (red line).

Interesting! Understanding comes before change. And both increase over 10 sessions.

This fits with social learning theory, that we learn from others in different ways, so its perhaps not surprising that it takes a bit of time for us to change our parenting. 10 sessions for most people!

## Seminar on 'Preparing for toddlerhood' £39!

Here in Solihull we are all working on our cost savings programmes in the NHS and it is the same in the Local Authority. So after the success of our £39 freeze busting 1/2 day programme on brain development we now have a 1/2 day on 'Preparing for toddlerhood'. This topic is not

as immediately appealing as brain development, but for children's centres and health visitors it can be helpful to think about this transition stage in more detail.

Some parents can find the transition very difficult, as their relatively compliant and immobile baby be-

gins to move around and explore their world and develop a mind of their own that includes the 'No' word. For some parents this is quite a shock!

Please contact the Solihull Approach team on 0121 329 1910 if you would like to book a place. The next one is on Friday 8th October 2011.

Solihull Approach Newsletter  
by Dr Hazel Douglas

Issue 2

May 2011

### Special points of interest:

- ☺ People need time to change
- ☺ More thaw for the training freeze!
- ☺ Antenatal parentcraft
- ☺ Commissioning for infant mental health
- ☺ Developments

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## Antenatal Solihull Approach

We are continuing to develop resources for antenatal and postnatal work.

The 2 day Foundation training for antenatal practitioners is being delivered to children's centres and to teams of midwives. The training is supported by the antenatal resource pack 'The journey to parenthood'. The Peer Breast Feeding Supporters training pack is available to help train parents in children's centres.

The Solihull Approach Antenatal parentcraft programme is being extensively piloted and evaluated and will be ready soon. It consists of five sessions of 2 hours each and is

already popular with both mothers and fathers here in Solihull. Children's centres are delivering it, although it has also been run in hospitals.

We are aware that midwife availability is an issue in some areas, so although having a midwife in all of the sessions is preferable, we have designed it so that only two of the five sessions require a midwife.

We are also nearing completion on a 'Welcome to nursery' training re-



For antenatal practitioners

source which our original Sure Start initiated and which has been very successful in preparing parents and their children for nursery.

If you think you might be interested in the 'Antenatal Parentcraft' or the 'Welcome to nursery' ring or email the team and we will let you know when the resource is ready.

Tel: 0121 329 1900

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## North West commissioning and the Solihull Approach

[http://www.northwest.nhs.uk/document\\_uploads/Maternity\\_Matters/pimh\\_April2011.pdf](http://www.northwest.nhs.uk/document_uploads/Maternity_Matters/pimh_April2011.pdf)

The North West Region in England have published a commissioning document for providers of perinatal and infant mental health services.

It is really good to see this emphasis on early intervention and prevention actually at an early age, as some documents talk about early intervention, but then focus on interventions for school age children and adolescents, as though it is not possible to

begin emotional well being services in the antenatal period and infancy.

*'It is hard to overstate the importance of having a good start in life with warm, positive parenting and strong attachment relationships'* Dr Sheila Shribman CBE National Clinical Director for Children, Young People and Maternity Services DoH

We are pleased to see that the Solihull Approach is mentioned

three times in the document as part of a strategy of providing early support to families.

**'The new health system must take forward this essential aspect of health care with vigour'**  
Dr Shribman

## Developments include 1/2 day modules

We are working towards developing the 'Preparing for toddlerhood' and the 'Brain development' trainings as 1/2 day modules that you can then deliver in your local area to practitioners as a CPD (continuous professional development) event. We will then be turning the



'Preparing for toddlerhood' into a workshop for parents that any Solihull Approach practitioner can deliver.

The Whole School training manual is nearly complete for

the 'Understanding your pupil's behaviour'. This can be delivered by any Solihull Approach trainer.

The 2 day Foundation training for workers in fostering and adoption is available. The accompanying 12 week Solihull Approach course for foster carers is currently being evaluated, but the best accolade is that foster carers from the course are saying that it should run for all foster carers.

Ring or email the team if you would like us to let you know when any of these are ready.