



Solihull Approach Newsletter

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For professionals: <http://communityservices.heartofengland.nhs.uk/solihullapproach>

For parents: www.solihullapproachparenting.com

Research

This edition of the newsletter has turned into a focus on research. We always have several research projects on the go. You may have noticed publications from other teams around the country, which is always good to

see, as research is such an effort on top of the day job. Our aim is to have a rich mix of qualitative and quantitative studies supported by a Random Controlled Trial (RCT) or two. The RCT of the parenting group

'Understanding your child's behaviour' has begun, using centres in England and Wales. Interim results may be ready for early 2015.

Research on the Solihull Approach Antenatal Group

Research results

Karen Bateson, Clinical Psychologist

Following a positive pilot evaluation, we administered 3 validated questionnaires and 2 multiple choice questions to people attending a 5 week Solihull Approach antenatal parenting course. 26 fathers and 34 mothers completed all questions (n=60).

All mean scores changed in a positive direction on all scales.

Results of formal statistical analysis show that, compared to the start of the course:

- ♦ mums' and dads' feelings of attachment increased
- ♦ mums' anxieties related to pregnancy,

labour and birth decreased

- ♦ mums' intentions to breast feed increased.

All these results were very statistically significant and the data will be submitted for peer review and publication.

Intention to stop smoking and general anxiety and depression did not change for mums or dads.

We need to be cautious about how we interpret these findings as we do not know enough about how scores change anyway, without intervention, through the normal course of pregnancy. However, the findings are encouraging and will now inform a control study which will start in 2014.

This will compare a traditional parentcraft course with the Solihull Approach antenatal parenting course 'Understanding pregnancy, labour, birth and your baby'.

Editor's comments:

For areas with Baby Friendly Initiative status or who are applying for BFI status, it is heartening that it looks like the group increases intention to breastfeed.

It will be interesting to see how a lowered anxiety about the birth process translates into practice in the delivery suite or at home. The challenge will be to find a way of measuring this.

Both mothers and fathers enjoy the group.

Solihull Approach Newsletter
by Dr Hazel Douglas

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Special points of interest:

- ☉ The RCT is underway
- ☉ New research on fathers, the antenatal group, the course for foster carers and the online course for parents
- ☉ Successful pilots of the parenting group for children with disabilities and for children with ASD
- ☉ Experiences of the Solihull Approach in Portugal

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Solihull Approach in Portugal

Solihull Approach in Lisbon, Portugal

Ines Rato, Systemic Psychotherapist & Maria Noronha, Clinical Psychologist

After using the Solihull Approach while working in CAMHS team in London, I've moved to Portugal which is my home country. Initially, in September 2012, I got a temporary job in a private nursery school in Lisbon. As soon as I stated working there I thought that doing a Solihull Approach training would be very useful. The staff at the school were actually quite sensitive to children's emotional issues and I felt that they were going to use the Solihull Approach very well. I also thought that they would develop a common language as well as increase their confidence in dealing with parents. After consulting with the Solihull Approach team, who were very supportive, I've talked to the nursery coordinator, recruited a clinical psychologist who was also doing her internship at the nursery and we started doing the planning, translating the materials and putting subtitles in the DVDs.

The pilot training was a huge success. People loved the DVD about brain

development as they thought it was clear and simple, they participated eagerly (sometimes too eagerly!) in the case studies and activities and understood the concepts. For them, it was new to have such an interactive training. During the first day, people hierarchically superior tended to dominate the session but it was corrected during the second day, as we were more proactive in mixing them into either the same profession or small teams.

We are now planning to do a Whole School Training to the older section of that school.

RESEARCH on Foster Carer course

Research is now published on the Solihull Approach course for foster carers 'Understanding your foster child's behaviour'. The courses were run in Norfolk. The results were written up by Suzanne Brown in *Practice: Social Work in Action Clinical Update: A Small Service Evaluation of a Solihull Approach Foster Carer Training Group Pilot Study*

The results showed a decrease in hyperactivity in the children. Previous unpublished research had shown a decrease in stress in the carers. A much larger research project is now underway.

Research on online course for parents

The first research results for 'Understanding your child' the Solihull Approach online course for all parents are out. The first 33 results from parents who completed the course have been analysed. The results are very interesting. Across the 33 completers there is a very statistically significant rise in closeness and also a very statistically significant decrease in conflict ($p < 0.001$ for both). 84% of the parents experienced a decrease in conflict in the family. A wide range of parents are accessing the course: GPs, biochemists, parents working with health visitors and children's centres, family and friends of Solihull Approach trained practitioners. There are even instances of grandparents buying the course as a gift for the next generation. The course costs £39 and is accessed via the website for parents: www.solihullapproachparenting.com

Research on fathers Other news

Associate Professor at Warwick University, Alan Dolan carried out research on fathers who attended the 'Understanding your child's behaviour' parenting group. It is now published online, pending publication in the journal Sociology. The paper is called 'I've Learnt What a Dad Should Do': The Interaction of Masculine and Fathering Identities among Men Who Attended a 'Dads Only' Parenting Programme' and can be accessed at:

<http://soc.sagepub.com/content/early/2013/12/12/0038038513511872>

Following the success of the manual to deliver the Brain Development seminar for practitioners, the manual to deliver a 1/2 day seminar on **Attachment** to practitioners will be ready in the Autumn.

The UYCB parenting group has now been successfully piloted with parents of **children with ASD** and also with parents of **children with disabilities**. The Addendums for the manual will be ready soon so look out for the email.

We are trying to use Facebook and Twitter more often to highlight new developments and new research results as they happen. If you would like to encourage us, do follow us or like us!

We are planning to run another **Learning Together conference** in June 2015 so will be sending out a call for posters after Christmas.

We have moved offices.

For any more info contact the team on **0121 296 4448** or email solihull.approach@heartofengland.nhs.uk