



Understanding your child

Solihull Approach

Solihull Approach Newsletter

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

For parents: www.solihullapproachparenting.com

Parenting, parenting, parenting

Yes, this edition focuses on parenting. We are doing other things as well, though and a few of these are mentioned in 'Other news'.

Meanwhile, teams around the UK are doing sterling work (not a pun referring

to the Euro). Northampton, Islington, Hackney, Northern Ireland, Lothian to mention just a few. If you would like to share a little of what you are doing do send me a paragraph for the newsletters.

These are difficult times

and it takes hope, optimism and fortitude to keep going to try and make a difference.

So to everyone still trying to innovate in the face of adversity...keep calm and carry on!

The Solihull Approach in New York

Since last summer, the Parent Center at Henry Street Settlement has graduated dozens of parents from 9 Solihull Approach Parenting groups, open to parents throughout the New York City area.

Graduates of the parenting groups express their appreciation for the support, insight and information that they have gotten from their participation in the groups. One father noticed that since his participation in the class his children "listen better - I explain more about why and it helps them express themselves better - less frustration. (It is) reassuring to know there are others going through the same things". Another mother noticed that her daughter

is "more willing to compromise because I learned to listen better and the communication improved greatly".

Henry Street Settlement was founded in 1893 to provide assistance to residents of the lower east side, a center of immigrant population in New York City. Over a hundred years later, Henry Street

continues to provide a broad array of services to the lower east side which remains home to a diverse group of residents, many of whom are newly arrived immigrants. From daycare to care for seniors, after-school activities to job training, Henry Street helps strengthens and empower individuals and families. **Becky Plattus, NY**



Solihull Approach Newsletter
by Dr Hazel Douglas

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Special points of interest:

- ☺ New! Online course for all parents 'Understanding your child'
- ☺ Dec 5th SA conference 'Learning Together'
- ☺ Experiences of the Solihull Approach in Pakistan and New York
- ☺ New! Research on the effectiveness of SA training

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Solihull Approach in Pakistan

What an exciting moment! After two years I am sitting watching 38 women in a small room with no air conditioning and no power at all for an hour. The temperature is 40 degrees and I am watching as I cannot understand most of what is being said. I am in Islamabad attending the celebration of the women who have completed the 10 week Solihull Approach 'Understanding Your Child's Behaviour' course.

The course has been run in 3 venues and has been a resounding success to the surprise of the facilitators

who, prior to running the course, insisted it was too long and they would definitely have a 50% drop out. The actual result was quite different. An 89% retention rate! 42 women completed the course and they have a waiting list for the courses they are planning to run in September 2013.

These Urdu speaking ladies come from a variety of backgrounds and gave such positive feedback today I know the course has made a difference to so many of these women.

Linda Norman, Islamabad

NEW RESEARCH 2013:

A service evaluation of the Solihull Approach training and practice

Moore, T., Adams, M. and Pratt, R. (2013) *Community Practitioner*, Vol 86(5): 26-27. Previous service evaluations have concentrated on the effectiveness of the training with health visitors. This study, from Norfolk, looked at the effectiveness with other practitioners and compared the scores of health visitors and family support workers on an 18 item questionnaire. The study found similar results in both groups. The questionnaire used is very interesting and may be helpful to other researchers.



Online course for parents

If you have ever wanted your husband, wife, partner, friend or relative to share in your knowledge of the Solihull Approach model, this online course for all parents covers brain development, containment and reciprocity in the context of parenting. It is 11 sessions of about 20 minutes each with interactive activities, quizzes and videos. It costs £39 and is accessed via the parents' website: www.solihullapproachparenting.com

It is free with a CANparent voucher (see website for details).



Other news

We have now produced the **Brain Development Seminar Trainers' Manual** which includes all the PowerPoints and cartoon clips for you to deliver a half day seminar on brain development from antenatal upto adolescence to your colleagues . In the best tradition of Toyota we had to have a product recall as we thought that using a lovely charcoal coloured text and having the left hand page free for notes would be helpful. We were wrong! We have contacted most people affected and

replaced it with a new one but if you have one of the first batch and haven't heard from us yet, please get in touch.

We are currently developing an **Attachment Seminar Trainers' Manual** for you to deliver a half day seminar to your colleagues.

These are the first of the **Solihull Approach Plus** series, which aims to build on the 2 Day Foundation course. You can deliver to tens or hundreds at once so it is a very cost

effective way to share the information.

On Dec 5th our **conference 'Learning Together'** is about sharing how people are using the Solihull Approach. Alan Dolan will present his research on fathers. There will be a video of Linda Norman talking about her experience in Pakistan. If you'd like to present a poster on your work please contact me asap to discuss it.

For any more info contact the team on 0121 329 1910 or email solihull.approach@heartofengland.nhs.uk