

Solihull Approach: Parenting Group Facilitators' Training

For what age?	At what level?
Parents of children aged 0 – 18 years	Multi-level: Universal to Complex Need NB: See below: Facilitator requirements

What is the 'Solihull Approach – Parenting Group'?

Solihull Approach Parenting Group is designed for families with children aged 0 -18 years. Groups, for parents or carers, are usually run in the following age ranges:

- 0 - 4 years
- 5 - 11 years
- 12 - 18 years

The aim of the group is:

- To promote understanding of children's behaviour within the context of their developmental age and issues.
- To increase confidence and self-esteem in both parent and child.
- To develop a framework for thinking about parent/child relationships, which can be developed into a life-long skill. It gives parents or carers strategies for repair when things go wrong.
- Promotes reciprocity in parent/child relationships, alongside reflective, sensitive and effective parenting.

How does it help children?

The Solihull Approach Parenting Group enables parents or carers to reflect on their own and their child's feelings and how these can impact on behaviour. It helps parents or carers to recognise their child's behaviour as their child's communication of how they feel – and what developmental stage or issue the child is experiencing at that time (which may, indeed, be different from their chronological age). For example, when feeling overwhelmed and not understood, many children and young people are likely to behave in ways that get them noticed – which may include withdrawal or passive as well as 'acting out' behaviour. The framework empowers parents or carers by enhancing understanding, improving communication and perspective taking and leads to more effective management of their child's behaviour.

How do we know it works?

The Solihull Approach Parent Programme is an evidence based Parenting Programme that has been awarded the National CANparent Quality Mark for parenting courses.

Evaluation studies have shown that:

- It leads to a reduction in parental anxiety and in child behaviour problems
- It promotes positive mental health and wellbeing within families

Who can attend Solihull Approach - Parenting Group facilitator training?

Facilitators are required to:

- Have Completed the Solihull Approach Two Day Foundation training and have used it in their practice for 3-6 months.
- Work with families with children.

How can I access training?

To access centralised training in The Solihull Approach – Parenting Group facilitators training, including at the TaMHS Conference if appropriate, please visit:

- [LGSS I Learn booking website](#)

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator:

tamhs@childrenfirstnorthamptonshire.co.uk or by speaking to your Link Educational Psychologist.

In order to run one or more Solihull Approach ‘Understanding Your Child’s Behaviour’ groups for parents or carers, trained facilitators will need to purchase a Solihull Approach - Parenting Group Facilitators’ Manual.

What do parents and carers say about their participation on the programme?

It has helped me stand back and look at the way I parent – how I can improve my relationship with my child. I feel calmer. I am looking forward to keeping in contact with the group.

Sharing other’s stories, realising you are not alone, listening to other people’s experiences has given me more confidence when handling tricky situations – really life changing!

Now I see things differently – I have an understanding of my child’s emotional age and what was making him angry. I can share with people who understand and can share solutions. I can grow and change and help my child do the same.

I’ve learnt not to feel guilty about getting it wrong. Rupture happens in all relationships – it’s the repair that is important!