

# The Solihull Approach in Action within British Forces Cyprus

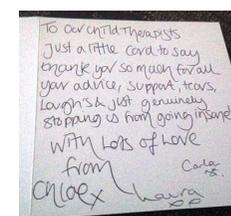
From an acorn to an oak tree.

Planting the seed: In 2012 our Community Health team looked at our parenting strategies across the British Forces Community (BFC). We needed something that would suit our particular community. The forces community is very mobile with frequently changing needs due to military commitments. Our community health staff had different experiences and had used a variety of different approaches to parenting. We needed something that offered good value for money and could be used across the community health team and in a variety of different settings. What we liked about Solihull's approach:

- \* it was evidence based
- \* it was recommended in the healthy child programme
- \* it fed into neuroscientific research
- \* Solihull recognised the links between behaviour, emotional development and change
- \* the information seemed to fit in with our transient population
- \* we especially liked the information for parents sheets available in the manuals



Green Shoots – the initial parenting course has been very well received.



Taking root: We sent a member of staff to do the courses required to be able to cascade the Solihull approach to the Community Health team. Since the initial training the Solihull approach has been used on a 1-2-1 basis with members of our forces community. Both staff & clients have been very receptive. In 2014 we sent another member of staff back to receive further training to facilitate parenting groups and eventually cascade this training to other staff members. Now, in 2015, we are beginning to establish Understanding Your Child's Behaviour (UYCB) groups, introducing the concept of containment, reciprocity, and development. We also now have a developmental wall that helps parents understand emotional and social changes.

Our future plans: We plan to increase the number of parenting courses that we offer. To do this all staff are to be trained to facilitate parenting courses. Parenting courses are to be offered regularly on all three of the main bases in BFC. We plan for the midwives to incorporate the Solihull approach into their parent education. The Children's Community Nurses will be able to use the Solihull approach with children with additional needs and our school nurses will incorporate the Solihull approach into their work with young people and their families

