

# Solihull Approach Newsletter

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[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)

For parents: [www.inourplace.co.uk](http://www.inourplace.co.uk)

## What's new

Like last year, this year has been dominated by technology. Our new website for practitioners is up and running now, access at [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com) if you want to take a look.

We launched the online

postnatal course, meaning that we now have a complete suite of online courses from antenatal upto 18 years.

The introduction to the online courses has been scrutinised to make them welcoming to everyone, with

no hint of stigmatisation...if you spot anything off-putting let us know!!

On the non tech side we released the universal face to face postnatal group, to complement the targeted postnatal group.

## Solihull Approach in Barbados

'Understanding your child's behaviour' is running for parents in Barbados.

All participants reported benefiting from the workshop in one way or another, stating that it impacted positively on their parenting skills. Some of the comments shared included:

- *It showed me different ways of doing things.*
- *It taught me about myself and showed me how to deal with my children.*

Fabian Sargeant, Facilitator



## SA in prisons

Since we took part in the project to provide an online parenting course for fathers in prison, two prisons that we know of are providing our Solihull Approach face to face group for fathers.

It is being run in Oakwood prison in the West Midlands.

Fathers in Shott's prison in Scotland have commented:

*'This course has taught me patience not only with my children, but with fellow inmates inside prison'*

*'I found Solihull very enjoyable and would recommend it to every dad. They will learn a lot about their kids'*

Solihull Approach  
Newsletter  
by Dr Hazel Douglas

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### Special points of interest:

- ☺ The Solihull Approach in the Caribbean
- ☺ New research on the parenting group
- ☺ New website
- ☺ Understanding trauma seminar

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## SA 'Understanding trauma' seminar

This seminar is our first one for adult practitioners as well as child practitioners.

It aims to raise trauma awareness. Sandra Bloom, a psychiatrist in New York, says we need to move away from asking 'what's wrong with you?' to 'what's happened to you?'

Trauma is a common experience for human beings. Understanding it for ourselves as well as for others can inform recovery strategies.

Thanks to a request from N Ireland, the seminar includes thinking about how to create a trauma aware community, which is an interesting addition.

This seminar builds on the previous Solihull Approach PLUS seminars of brain development and attachment to integrate all of them: the Solihull Approach model, brain development, attachment, epigenetics and trauma.

The aim of the Solihull approach PLUS seminars is to move theory into practice.

If you want to see the seminar delivered before you deliver it, check the website for when the seminar runs in Solihull and book online. There is also a seminar in London, opposite Wembley stadium on November 25th.  
[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)



## Research

Another study was published on 'Understanding your child's behaviour' this year: a qualitative study looking at the experience of 105 parents. The results of this analysis showed that 90 per cent of parents found the group a great place to relax and share experiences, 93 per cent rated the group as 'great' for helping them understand their child, and 92 per cent gave a 'great' rating for helping them identify changes.

*Appleton, R., Douglas, H., Rheeston, M. 2016 Taking part in 'Understanding Your Child's Behaviour' and positive changes for parents, Community Practitioner, 89: 2, 42-48*

## Universal postnatal group

The postnatal face to face group for all mums and dads was released this year. It complements the targeted Postnatal Plus group for parents with relationship difficulties with the baby or with postnatal depression. They are both called 'Understanding your baby'. The universal group is 6 sessions, whilst the targeted group is 8 sessions. To run these groups you need to have completed the 2 Day Foundation training and any of the 1 Day Parenting Group trainings.

The online postnatal course has the same content as the universal postnatal group so that if a father or partner can't go to a group they can still access the same material at our website for parents [www.inourplace.co.uk](http://www.inourplace.co.uk).

The research is in its data collection phase and should be completed by the end of next year.

## Learning Together conference

This years Solihull Approach conference will be on Wednesday December 7th. If you'd like to present a poster do contact me, as we can make room for a few more. You can see last year's posters on our website. If you've never done one before we can help.

## Other news

**Multi-user licences** and an Implementation kit are now available for schools who want to encourage every parent in their school to give the **online courses** a go. It means that grandparents or anyone in a pupil's family can access the course.

**Welcome** to the team: Rebecca Johnson, Clinical Psychologist, Hannah Hassan, tech admin and Nick Shelton, finance admin.

The NEW Combined Foundation and Trauma training for practitioners

working with **adults**. This is a new venture as all our previous resources and trainings have been for child and family practitioners. Contact the office for details. (So new it's not on the website yet!)

**Share** what you are doing with the Solihull Approach. Email us anything that you would like us to Facebook and Tweet about.

For any more info contact the team on **0121 296 4448** or email [solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk)