

The Solihull Approach has a rich mixture of both quantitative and qualitative studies carried out by independent teams across the UK and by the Solihull Approach. All research by the Solihull Approach team has been published, that is, there are no non-significant studies (this means that the published results are even more likely to be robust). All populations are 'whoever turns up for the services', that is, there is no selection of subjects and participants are the usual range of people that practitioners work with (This is important as some academic studies rigorously select the participants to be included, so that it can be argued that they do not reflect the population that practitioners work with). Currently all research has been carried out in the UK, so it could be said that the research does reflect the British population. Some studies are small and some are large, but all vary from significant to extremely significant. Therefore, given the range of studies and the fact that all have produced significant results, it is possible to suggest that it is likely that the research supports practitioners' and parents' experience; the Solihull Approach works.

## Published Research

**Douglas, H. and Ginty, M.** (2001) The Solihull Approach: changes in health visiting practice *Community Practitioner*, 74(6), 222-224

**Douglas, H. and Brennan, A.** (2004) Containment, reciprocity and behaviour management: Preliminary evaluation of a brief early intervention (the Solihull Approach) for families with infants and young children *The International Journal of Infant Observation*. Vol. 7, No1. 89–107

**Lowenhoff, C.** (2004) Practice development: training professionals in primary care to manage emotional and behavioural problems in children *Work Based Learning in Primary Care*, 2, 97-101.

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**Milford, R., Kleve, L., Lea, J. and Greenwood, R.** (2006) A pilot evaluation study of the Solihull Approach *Community Practitioner*; 79:11, 358-362.

**Bateson, K., Delaney, J. and Pybus, R.** (2008) Meeting expectations: the pilot evaluation of the Solihull Approach Parenting Group *Community Practitioner*, 81, 28-31.

**Douglas, H.** (2010) Supporting emotional health and wellbeing: the Solihull Approach. *Community Practitioner*, 83(8), 22-25

**Stephanopoulo, E., Coker, S., Greenshields, M. and Pratt, R.** (2011) Health Visitor views on consultation using the Solihull Approach: a grounded theory study *Community Practitioner*, 84 (7) 26-30

**Williams, L. and Newell, R.** (2012) The use of the Solihull Approach with children with complex neurodevelopmental difficulties and sleep problems: a case study *British Journal of Learning Disabilities*, 41 (2) 159-166

**Johnson, R. and Wilson, H.** (2012) Parents' Evaluation of 'Understanding Your Child's Behaviour', a parenting group based on the Solihull Approach *Community Practitioner* 85 (5) 29-33

**Moore, T., Adams, M., Pratt, R.** (2013) A service evaluation on the Solihull Approach training and practice *Community Practitioner, May 2013, vol. 86, number 5, pp. 26-27*

**Cabral, J.** (2013) The value of evaluating parenting groups: a new researcher's perspective on methods and results *Community Practitioner, 86 (6) 30-33*

**Dolan, Alan** (2013) 'I've Learnt What a Dad Should Do': The Interaction of Masculine and Fathering Identities among Men Who Attended a 'Dads Only' Parenting Programme *Sociology, 48 (4) 812-828*

**Brown, Suzanne** (2014) Clinical Update: A Small Service Evaluation of a Solihull Approach Foster Carer Training Group Pilot Study *Practice: Social Work in Action, 26 (1) 37-52*

**Lumsden, V and Sarankin, M.** (2014) The Process of consultation to a Health Visiting team based on the Solihull Approach: a critical reflection. *Community Practitioner, 87(10), p34-36.*

**Brigham, Lindsay and Smith, Ann** (2014). Implementing the Solihull Approach: A study of how the Solihull Approach is embedded in the day to day practice of health practitioners. The Open University in the North, Gateshead.

**Drea C., Lumsden V. and Bourne J.** (2014) Using practitioners' feedback to contribute to organisational development in health visiting. *Community Practitioner: 87(12): 30-33*

**Lee P. and Mee C.** (2015) The Tameside and Glossop Early attachment Service: Meeting the emotional needs of parents and their babies. *Community Practitioner. 88 (8): 31-35.*

**Vella, L., Butterworth, R., Johnson, R. and Urquhart Law, G.** (2015) Parents' experiences of being in the Solihull Approach parenting group, 'Understanding Your Child's Behaviour': an interpretative phenomenological analysis. *Child: Care, Health and Development 41:6, 882-894.*

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**Hassett, A. and Appleton, R.** (2016) Understanding your pupil's behaviour: A pilot study from two schools in Kent. <http://create.canterbury.ac.uk/15228/>

**Hassett, A.** (2015) Evaluation of the Solihull Approach in Kent: drawing conclusions from the data. Project Report.

Canterbury Christchurch University CReaTE website <http://create.canterbury.ac.uk/15229/>

**Douglas, H.** (2016) The Solihull Approach Antenatal Parenting Group: Understanding pregnancy, labour, birth and your baby. *International Journal of Birth and Parent Education, v4, 29-31.*

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**Douglas, H and Bateson, K. (2017)** A service evaluation of the Solihull Approach Antenatal Parenting Group: integrating childbirth information with support for the fetal-parent relationship. *Evidence Based Midwifery.15 (1): 15-19.*

**Vasilopoulou, E., Afzal, A., Murphy, K and Thompson, C. (2017)** The Solihull Approach pros and cons. *Community Practitioner. 90 (5), pp 40 – 42.*

**Thelwell, E., Rheeston, M and Douglas, H. (2017)** Exploring breastfeeding peer supporters' experiences of using the Solihull Approach model. *British Journal of Midwifery*. 25(10), pp 639-646.

**Madigan, S., Paton, K and Mackett, Naomi. (2017)** The Springfield Project service: evaluation of a Solihull Approach course for foster carers. Journal article citation: *Adoption and Fostering*. 41(3), pp 254-267.

**Monique, Tan., Rheeston, M and Douglas, H. (2017)** Using the Solihull Approach in breastfeeding support groups: Maternal perceptions. *British Journal of Midwifery* 25(12), pp 765-773.

**Johnson, R. (2018)** 'Improvements in parenting achieved with innovative online programme: Preliminary evaluation of 'Understanding Your Child – Online' (UYC-OL) – A Solihull Approach course for parents and carers'. *Educational and Child Psychology* 35(1), pp 40-50.

**Shahid A, Johnson R. (2018)** Evaluation of an online antenatal course 'Understanding pregnancy, labour, birth and your baby' by the Solihull Approach. *Evidence Based Midwifery* 16(3): 101-106.

**Harris-Waller, J., Bangerh, P and Douglas, H. (2018)** An Evaluation of the Solihull Approach Foster Carer Course, Practice, DOI: 10.1080/09503153.2018.1499891.

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**Shahid A, Johnson R. (2018)** Evaluation of an online antenatal course 'Understanding pregnancy, labour, birth and your baby' by the Solihull Approach. *Evidence Based Midwifery* 16(3): 101-106.

**Douglas, H. and Johnson, R. (2019).** The Solihull Approach 10-week programme: a randomised controlled trial. *Community Practitioner*, 9 (7), 45-47.

## Best Practice Reports

**Barlow, J. (2016)** International Journal of Birth & Parent Education . *AIMH UK Best Practice Guidance (BPG) No 1. Improving Relationships in the Preinatal Period: What Works?* Spring (1)(Suppl) 1-8.

## Published articles on the Solihull Approach

**Douglas, H. (1999)** The Solihull Approach: helping health visitors to help families with young children *Young Minds* 40, 19-20

**Douglas, H. and Rheeston, M. (2009)** The Solihull Approach: an integrative model across agencies in J. Barlow and P. O. Svanberg *Keeping Baby in Mind* London: Routledge

**Douglas, H., Delaney, J., Cabral, J. and Rheeston, M. (2009)** Supporting Parenting: the Solihull Approach *Healthcare, Counselling and Psychotherapy Journal*, 9 (3), 17-21

**Douglas, H. (2011)** The Solihull Approach: a whole school approach *Journal of Educational Psychotherapy*, 18, 53-58

**Norman, Linda (2013)** Delivering Solihull Approach training in Pakistan *Community Practitioner*. 86 (8) 42-43

**Rogers, E.** (2014) Lessons in parenting. *Children and Young People Now*, 7<sup>th</sup> July, 2014.

**Bains, S.** (2015) A carer's journey. *Community Practitioner*.88 (12) 10-11.

## Related publications

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**Barlow J, Parsons J, Stewart-Brown S (2005)** Systematic review of the effectiveness of group based parenting programmes for infants and toddlers, *Child: Care, Health And Development*, 31 (1), 33 - 42 (0305-1862)

**Douglas, H.** (2007) *Containment and Reciprocity: integrating psychoanalytic theory and child development research for work with children* London: Routledge

**Maunder, H. Giles, D. and Douglas, H.** (2007) Mothers' perception of community health professional support *Community Practitioner*; Vol. 80:4, 24-29.

**Walker, A., Johnson, R., Banner, C., Delaney, J., Farley, R., Ford, M., Lake, H., and Douglas, H.** (2008) Targeted home visiting intervention: the impact on mother-infant relationships *Community Practitioner*, 81 (3) 31-34

**Wallbank, S.** (2010) Effectiveness of clinical supervision for midwives and doctors in stress reduction: findings from a pilot study *Evidence Based Midwifery*, 8 (2) 65-70

**Department of Health** (2008) Child Health Promotion Programme

## Evaluations/reports

**Lintern, J.** (2005) Follow-up evaluation of Solihull Approach training delivered by local trainers in Middlesbrough

**Cullen, M. A., and Lindsay, G.** (2006) Sure Start Chelmsley Wood: Report of the local evaluation 2005-06 *Centre for Educational Development, Appraisal and Research University of Warwick*

**Lawrence, V** (2007) The Solihull Approach in Northamptonshire. A School Years Impact Evaluation.

**Hassett, A.** (2011) Evaluation of the Solihull Approach in Kent: Drawing conclusions from the data

## On-going research

**Parenting RCT** - commenced

**Foster carer 12 week courses:** another study commenced with pre and post measures.

**National Training evaluation:** ongoing

**Antenatal parenting study:** control study commenced

**Online course for parents:** ongoing data collection. Initial results analysed.

**Practitioner training:** qualitative longitudinal study commencing

## **Solihull Approach Resource Packs**

**Douglas H.** (2017) *Solihull Approach resource pack: The first five years (5<sup>th</sup> ed. Revised 2017)*. Solihull: Solihull Approach Publishing.

**Douglas H.** (2017) *Solihull Approach resource pack: The school years (1<sup>st</sup> ed. Revised 2017)*. Solihull: Solihull Approach Publishing.

**Douglas H.** (2017) *Solihull Approach antenatal resource pack: The journey to parenthood (1<sup>st</sup> ed. Revised 2017)* Cambridge: Jill Rogers Associates

**Douglas H.** (2015) *Solihull Approach resource pack: A resource for workers involved in fostering and adoption (Revised 2016)* Cambridge: Jill Rogers Associates

**Douglas H.** (2016) *The Solihull Approach Parenting Group: Supporting parent/child relationships. Understanding your child's behaviour. Facilitators' manual (Revised 2016)* Cambridge: Jill Rogers Associates

**Douglas H.** (2010) *Solihull Approach Foster Carer's Group. Understanding your foster child's behaviour: A resource for workers involved in fostering and adoption (1<sup>st</sup> ed.)*. Cambridge: Jill Rogers Associates

**Douglas H.** (2016) *The Solihull Approach Antenatal Parenting Group: Understanding pregnancy, labour, birth and your baby. Facilitators' manual*. Solihull Approach

**Douglas H.** (2017) *The Solihull Approach Postnatal Parenting Group: Understanding your baby. Facilitators' manual*. Solihull Approach

**Douglas H.** (2017) *The Solihull Approach Postnatal Plus Parenting Group: Understanding your baby. Facilitators' manual*. Solihull Approach

## **CANparent Quality Mark**



**Parenting UK accreditation**  
**Part of the DfE's CANparent**

The Solihull Approach has been successful in gaining the CANparent Quality Mark award for:

- Solihull Approach Understanding your child GROUP
- Solihull Approach Understanding your child ONLINE course

Parenting UK is part of the Department of Education CANparent programme. Parenting UK states that the CANparent Quality Mark provides a robust and systematic process for measuring the quality of development, delivery and provision of universal parenting classes.

The CANparent Quality Mark is the only quality standard in the parenting sector. It has been developed for the sector, by the sector.