

Solihull Approach Newsletter

Contact us on 0121 296 4448 or email solihull.approach@heartofengland.nhs.uk

www.solihullapproachparenting.com

For parents: www.inourplace.co.uk

Technology

It feels that the whole of our year has been taken up with technology!

We have developed a web-site for parents called Ourplace accessed at www.inourplace.co.uk. This provides an advert free space to create a memory

box for each child, maybe starting with the scan photo or picture of the 'bump'.

From there parents can access the revamped course for parents 'Understanding your child' which now works on phones and tablets as well as lap-

tops and PCs. They can also access the new online antenatal course. This was developed to increase access to antenatal courses, especially for those who can't get to a group and for fathers or others.

Solihull Approach in Ghana

'I facilitated the training for two groups, both in Koforidua, a city which is just a few kilometres from Accra, the capital. It is a vibrant city, with a number of growing families who are mainly traders, private business entrepreneurs and public service workers.

All the participants were very enthusiastic and liked the Solihull Concept that they are determined to use it in their homes and also train other parents in the next coming months. They enjoyed the training so much that, they did not want them to end.' Janet Odame



SA in prisons

We took part in a pilot scheme to provide fathers in prison with more support. Our contribution was to reprovide the online course for parents in a format suitable for prisons. For instance, prisoners are not allowed to surf the net, so all content had to be self-contained within the course. There are also strict rules about sexual content, so we had to take out some details around teenage sexuality. It was then vetted to make sure it abided by the rules. The report is about to be published. I was amazed and delighted by how much the fathers in prison appreciated the courses.

Solihull Approach
Newsletter
by Dr Hazel Douglas

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Special points of interest:

- ☺ The Solihull Approach in Africa
- ☺ New research on the parenting group
- ☺ Feedback from Solihull Approach conference
- ☺ Increasing access to parenting course for fathers in prison

Inside this issue:

Technology	1
Solihull Approach in Ghana	1
SA in prisons	1
Postnatal Plus course	2
Research	2

SA Postnatal Plus course

We have recently released the Solihull Approach Postnatal Plus course manual 'Understanding your baby'. The course is aimed at mothers and fathers with relationship difficulties with their baby and includes mothers with postnatal depression.

It includes thinking about sleeping, feeding, weaning, crying, childcare, communication and baby brain development, all within the framework of the relationship. It is 8 sessions of 2 hours each.

We will shortly be releasing a universal postnatal course which is 6 sessions of 2 hours each, also called 'Understanding your baby'. This is for all parents of babies up to about 6 months old. The groups are designed to have the babies in the group with the parents.

The Solihull Approach parenting groups will then cover the age range from antenatal, 0-6 months and 6 months to 18 years.

The aim is then to develop an online postnatal course to increase accessibility, especially for fathers or those who cannot get to a group. This online course will join the antenatal online and online course for parents at www.inourplace.co.uk.



Learning Together conference June 2015

There was a buzz in the air again for this conference. It was so good to hear presentations about how the Solihull approach is being applied in N Ireland, Scotland, N Lanarkshire and Fife. These are all available to view on our website. We heard about the experience in Hackney of running work discussion groups and there were also poster presentations of the work going on around the UK. Many of the posters are also available to view on the website. A great day!

www.solihullapproachparenting.com

Research on parenting course

New research just out. Vella, L.R., Butterworth, R.E., Johnson, R. and Urquhart Law G. Parents' experiences of being in the Solihull Approach parenting group, 'Understanding your child's behaviour': an interpretative phenomenological analysis. Published in *Child: care, health and development*. 10 parents were interviewed within 7 weeks of completing the group and again 10 months later. 'Most parents appeared to have developed more reflective and empathic parenting styles, with self-reported improved behaviour management.' This research is particularly interesting because it includes a relatively long follow-up, suggesting that change lasts.

Research including the SA

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.

Other news

The new website at www.solihullapproachparenting.com should be ready before Christmas and we welcome all feedback. There is a facility to register your SA group and get your own free webpage for your group.

We are working on the **seminar on Trauma and children**. This may be ready for Spring 2016. The aim is to deepen knowledge and to show how the Solihull Approach model can illuminate an understanding of the impact of and recovery from trauma.

Free Addendums are available to run the parenting group with parents of children with ASD, parents of children with disabilities and adoptive parents. Contact the office for details.

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