



# Solihull Approach Newsletter

Contact us on 0121 329 1910 or email [solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk)  
<http://communityservices.heartofengland.nhs.uk/solihullapproach>

## Universal access to parenting programmes: a DfE pilot

Every parent should have the opportunity to access a parenting course if they want to. The DfE are piloting this idea in 3 areas of England (Middlesbrough, High Peak and Camden) under the CANparent logo.

The Solihull Approach parenting group 'Understanding your child's behaviour' is one of six selected by the DfE for all 3 areas. Our new website for parents is [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)



## The Solihull Approach in Norfolk

Dr Richard Pratt, who leads the Parent Infant Mental Health (PIMH) Team, writes 'The Solihull Approach has been developed in Norfolk since 2004 when a small group of like minded practitioners working within the local NHS Community Trust received the foundation training and began to disseminate. Colleagues in the West of the county also obtained Solihull Approach Training in 2006. Following on from this, Solihull Approach Foundation training has been received by almost all

health visiting teams and children's centre staff and has extended to other groups of professionals and teams. Newly Qualified Social Workers currently receive the foundation training and training will be needed for the additional health visitors joining Norfolk Community Health & Care (NCHC) NHS Trust. SA training is currently delivered by a range of providers both within public and voluntary sectors.

Our qualitative study focused upon health visitors' experience of

Solihull Approach informed consultation provided by the PIMH Team. The paper suggested that consultation helps to support and promote practice informed by the Solihull Approach<sup>1</sup>.

We have recently set up a county wide Solihull Approach Trainers group that is seeking to identify ways of maintaining and developing the Solihull Approach across Norfolk.'

[richard.pratt@nchc.nhs.uk](mailto:richard.pratt@nchc.nhs.uk)

<sup>1</sup>Stefanopoulou, E., Coker, S., Greenshields, M. and Pratt, R (2011) "Health visitor views on consultation using the Solihull Approach: a grounded theory study". Community Practitioner July 2011 Volume 84 Number 7

Solihull Approach  
Newsletter  
by Dr Hazel Douglas

Issue 3

September 2012

### Special points of interest:

- ☺ News from Norfolk, Pakistan and New York
- ☺ Applying the Solihull Approach to children with neurodevelopmental disorders
- ☺ New website for parents with YouTube clips and PDFs
- ☺ Level 1 accreditation for parents
- ☺ Antenatal group and foster carer course

### Inside this issue:

Parenting groups	1
Solihull Approach in Norfolk	1
Whole School	2
'Understanding your child's behaviour' in Pakistan	2
News from New York	2
Neurodevelopmental Research	2
OCN accreditation	2
Other news	2

# Solihull Approach Whole School Training

The Solihull Approach training for whole schools is called **'Understanding your pupil's behaviour'**. The training is for one day, plus 90 minutes that can be done in a 'twilight' session.

Some schools also run the parenting group **'Understanding your child's behaviour'**. This means that both teachers and parents have a shared understanding of the child.

Alex Hassett from Canterbury University in Kent is carrying out a formal evaluation of the training by

matching a school that has had the training against a similar school that has not had the training.

Results are very encouraging and are showing that the training makes a difference. This study will be repeated in another area of the UK.

Contact the Solihull Approach office if your school would like the Whole School training. It supports the emotional health and well being strategy and SEAL.

## NEW RESEARCH 2012: The use of the Solihull Approach with children with complex neurodevelopmental difficulties and sleep problems: a case study

Laura Williams and Reetta Newell from The Specialist Neurodevelopmental Team, Islington Community CAMHS (Whittington Health, NHS), (E-mail: reettanewell@nhs.net)

Published online by British Journal of Learning Disabilities prior to publication.

[http://onlinelibrary.wiley.com/doi/10.1111/j.1468-](http://onlinelibrary.wiley.com/doi/10.1111/j.1468-3156.2012.00754.x/abstract)

[3156.2012.00754.x/abstract](http://onlinelibrary.wiley.com/doi/10.1111/j.1468-3156.2012.00754.x/abstract)

## 'Understanding your child's behaviour' in Pakistan

Ten women from local communities in Pakistan have been trained in the Solihull Approach by Linda Norman.

The facilitators will start by running 3 parenting courses beginning in October. They will be run in three different areas in Pakistan in Urdu.

We are very interested to hear about the parents' experience of the groups...and the facilitators' experience. This will be an item for the next newsletter.

## Level 1 accreditation

We are working with OCN (Open College Network) to provide an accreditation for parents on the **'Understanding your child's behaviour'** course. This will provide credits at Level 1. We are also accrediting the **Peer Breastfeeding Supporters course** for both parents and practitioners with OCN.

These will be available from next year.

The next step will be accrediting **'Understanding your foster child's behaviour'** for foster carers.

## News from New York

The first 'Understanding your child's behaviour' group in New York begins in September.

It has been so hot there that the facilitators have envied us our cloudy, rainy weather!

We are looking forward to finding out what New Yorkers make of the model. Reciprocity is an American concept, but containment is British, so we'll see how it travels.

## Other news

The five week **antenatal course** 'Understanding pregnancy, labour, birth and your baby' is proving to be successful with both mothers and fathers. This group integrates information about labour and birth with preparing parents to have a relationship with their baby.

The evaluation of the **foster carer**

course 'Understanding your foster child's behaviour' has shown that it increases foster carers' confidence and ability to work with their foster child. We are just number crunching the second evaluation which looks at the impact on the foster carer and on the foster child.



The **new research on the parenting programme** is now published. Johnson, R. and Wilson, H. (2012) Parents' evaluation of 'Understanding your child's behaviour' a parenting group based on the Solihull Approach. *Community Practitioner*, Vol 85:5, 29-33.

For any more info contact the team on 0121 329 1910 or

[solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk)