

Using the Solihull Approach to support dads in Shotts Prison to understand their children

The aims of the Parenting Group

Help dads to understand their child's behaviour

Promote positive visits between dads and their children

Help dads to respond to their child's behaviour in a supportive way

Help dads to reflect on their relationships with their children, being sensitive and effective dads

The Solihull Approach Parenting Group is intended for parents and carers who want to know more about sensitive and effective parenting.

It aims to develop a framework of thinking about parent/child relationships. It has been created in Solihull, England, United Kingdom and is currently being offered to lots of different groups of parents across North Lanarkshire Council. It helps parents identify how to work together with their child and how to become more in tune with their child. It's a 10 week group that runs weekly. The aim is to deliver the group across the prison.



"It's clear from the classes how important the kids are to dad's in the group. It's been very important to be involved in helping the dad's relationships"

(Staff)

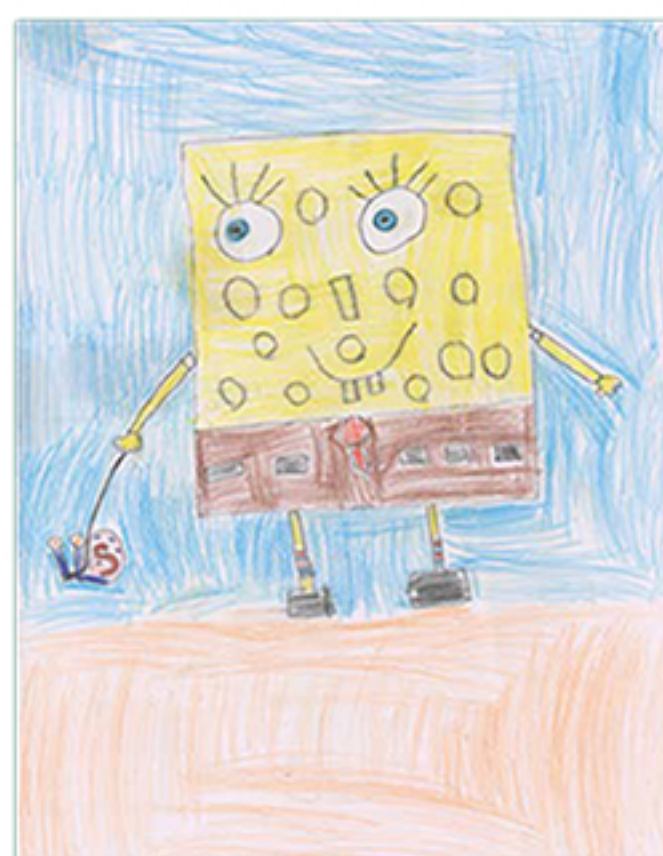
What benefits did we see?

Dads booked more visits for their children

Dads grew in confidence and began to discuss their children with each other out with the class

Peer support developed between the dads in the group

Dads on the first group have been instrumental in recruiting new dads for the second group



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

(Dad)

Some of the fun activities

Trying to open and cut up a Mars bar with boxing gloves on.....this helps dads to experience the frustration and patience required for this task and we relate this to the everyday tasks that we ask children to do e.g. young children to button or zip up their jackets; this can be very difficult for young children who do not have the dexterity of older children, causing them to become frustrated and upset

Visits are allocated for the children of the dads who attend the group, with fun activities for dads and children to enjoy

Making gifts for their children e.g. at Christmas the dads made their children a decorated salt dough tree decoration



"Instead of watching my son Tommy develop...I now develop with him"

(Dad)

This course has taught me to:

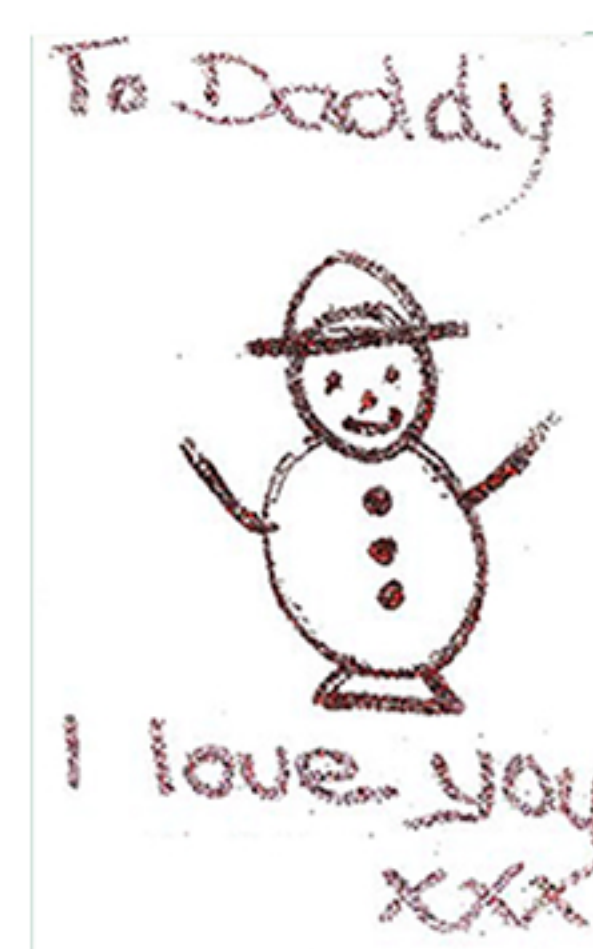
Encourage children more.

Look through my child's eyes, tune into their thoughts.

Book more visits; I've now realised the importance of the visits for the children. Previously didn't book visits as I found it too difficult and questioned the role of being a father while in prison.

More patient with children e.g. when doing up their jackets to go home.

Treat children individually.



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

(Dad)