

Evaluating the Solihull Approach Foster Carers Course

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The core principles of the collective model and the Solihull Approach parenting course were integrated to create a course for foster carers. This course is developed for those foster carers who would like to understand and become more attuned to the child's development they are caring for. This course provides a framework for foster carers intended to be developed into a lifelong skill and applied to various types of foster placements. The Solihull Approach Foster Carer Course is run over a duration of 12 weeks and consists of the following topics:



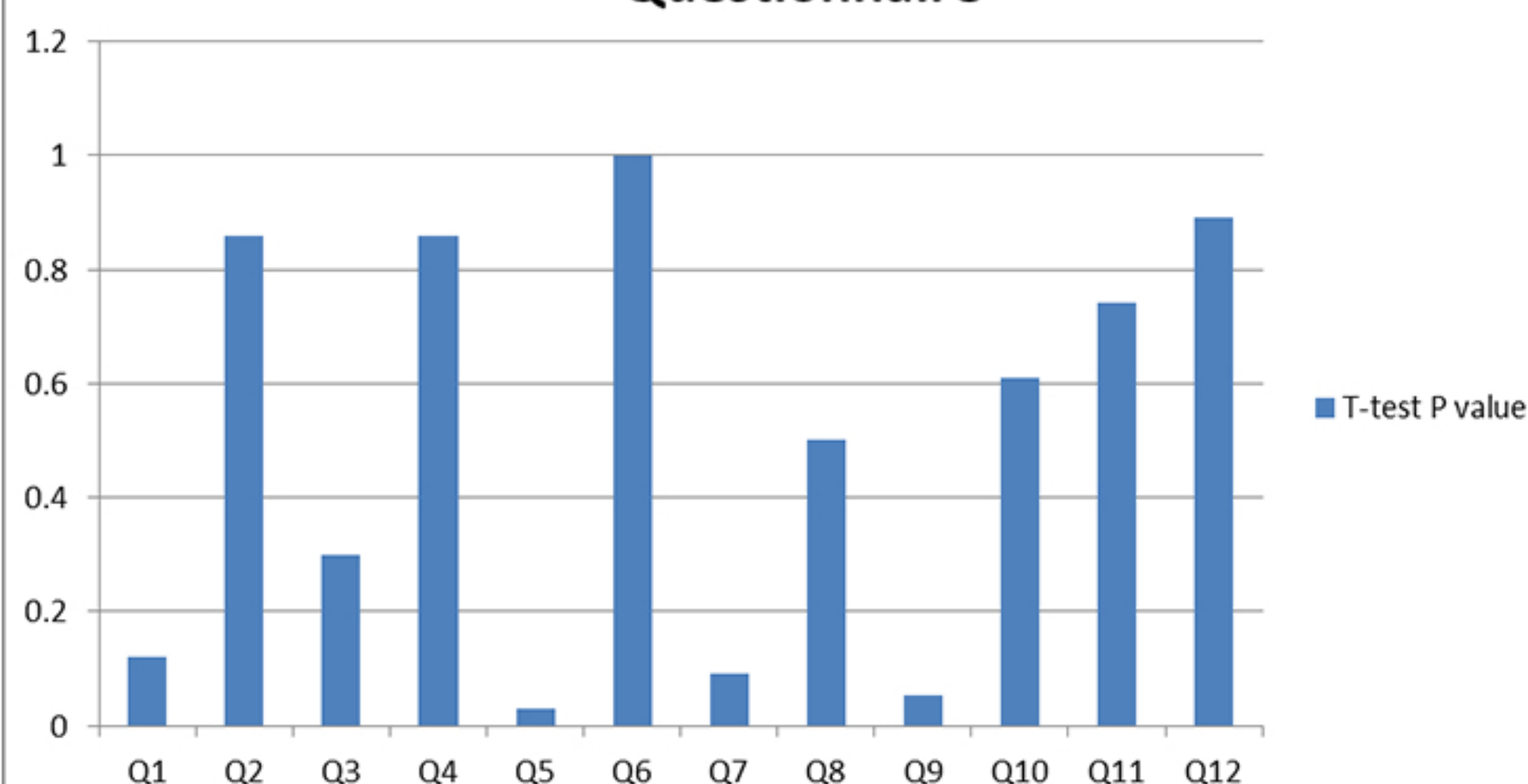
Session 1	Introduction to the Solihull Approach Foster Carer Course
Session 2	Brain Development
Session 3	Containment
Session 4	Reciprocity
Session 5	Introduction to attachment
Session 6	Understanding your child's behaviour
Session 7	Different styles of parenting
Session 8	Spending time together
Session 9	Rhythm of interaction and sleep
Session 10	Self-regulation and anger
Session 11	Communication and attunement/ Rupture and repair
Session 12	Celebration

Four scales were selected for the pre and post measures of this study. These scales consisted of the Carer Questionnaire developed by Kim Golding (<http://www.cplaac.org.uk/tools/>), Strengths and Difficulties Questionnaire (SDQ) (Goodman, 1997), Children's Expression of Feelings in Relationships (Quinton, Rushton, Dance and Mayes, 1998) and finally the Parenting Stress Index Short Form (PSI-SF) (Abidin, 1995).

Pre and post data were collected from 23 foster carers.

Results

A graph showing the significance of the Carer Questionnaire



A graph showing the significance of the Strengths and Difficulties Questionnaire

