

# Parents' views of their experience in the Solihull Approach parenting group

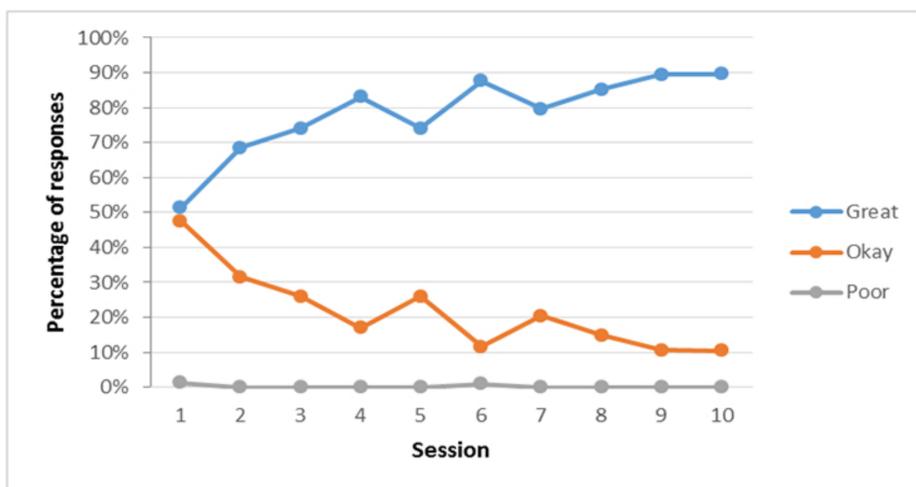
**AUTHORS:** Douglas, H. (Solihull Approach, Heart of England NHS Foundation Trust, Birmingham, United Kingdom) / Appleton, R. (Solihull Approach, Heart of England NHS Foundation Trust, Birmingham, United Kingdom)

'Understanding your child's behaviour' is a 10 week parenting course based on the Solihull Approach model which aims to promote more effective and sensitive parenting. Johnson and Wilson (2012) carried out the first study investigating a sample of parents' responses to parenting groups run from 2005, when the programme began, to 2010. The current study aims to find out if the UYCB group is still evaluated as positively by parents between 2012 and 2015 and whether the main themes have changed or not.

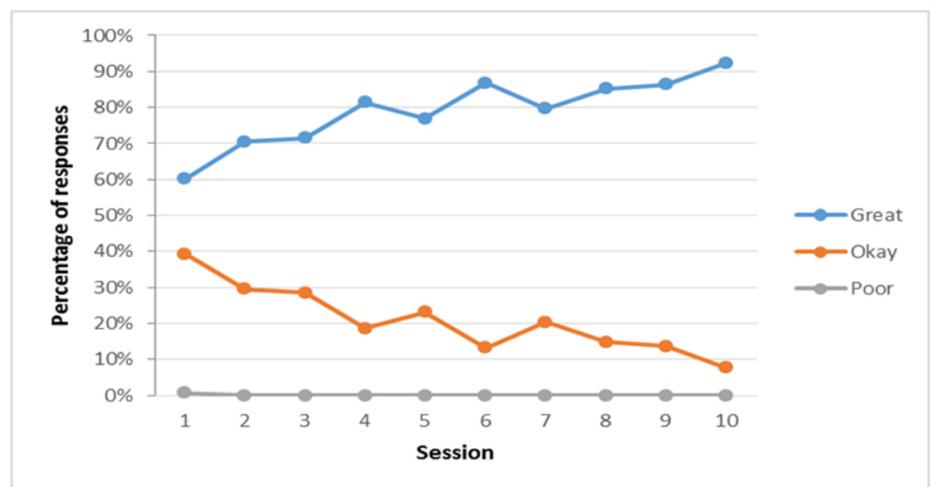


A sample of 106 parents' data was analysed. Parents views were sought on the extent to which the group supported them to relax and share experiences, to improve their understanding of their child and to make changes. By the end of the group, 90% and over of parents felt that the group was 'great' on all three questions and graphs show how this increased over the time of the group and in a specific pattern. This is slightly higher than the pattern in the 2012 study. Perhaps because facilitators are now more experienced with the Solihull Approach parenting group.

**Fig.1 Parents' views about how the group enabled them to improve their understanding of their child over the course of 10 sessions**

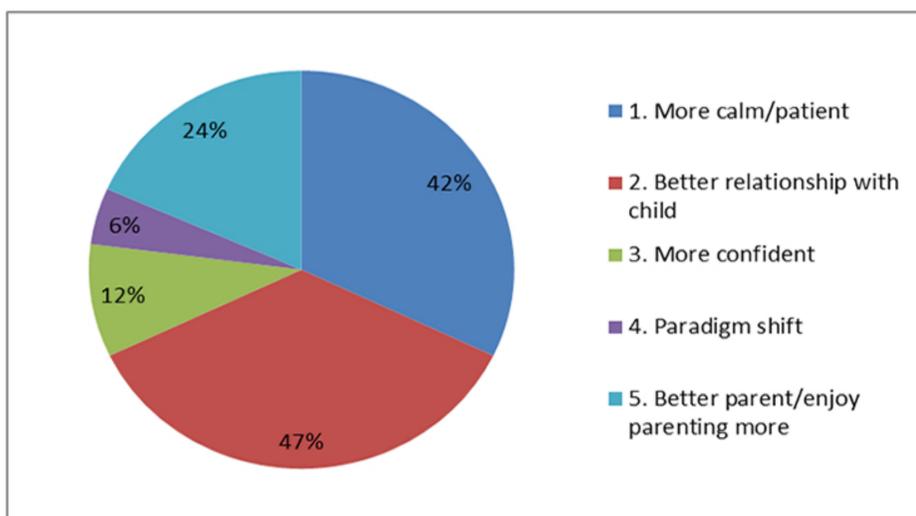


**Fig. 2 Parents' views about how the group enabled them to identify changes over the course of 10 sessions**



At the end of the group the parents were asked 'What do you feel has changed as a result of you being in this group?' 'What do you feel you have learned in this group?' and 'Any other comments?' Inductive content analysis of the themes showed the emergence of consistent themes around 'more/calm' 'better relationship with my child' 'more confident' 'enjoy parenting more'.

**Fig. 3 The percentages of parents' responses represented in 5 main themes**



The results suggest that facilitators have maintained the positive impact of attending a UYCB group for a parent and may have slightly improved on previous results, perhaps as a result of experience with the programme.

*'This course has been an absolutely invaluable gift to me. It has and will change so many aspects of my life. I am undoubtedly a better parent and more rounded and fulfilled person as a result. Some aspects have literally been like 'Eureka' moments to me! I WISH I'd known all this years ago, but I am glad to have learned it now at a crucial stage in my children's lives. Thank you from the bottom of my heart!'*