



University Hospitals Birmingham  
NHS Foundation Trust

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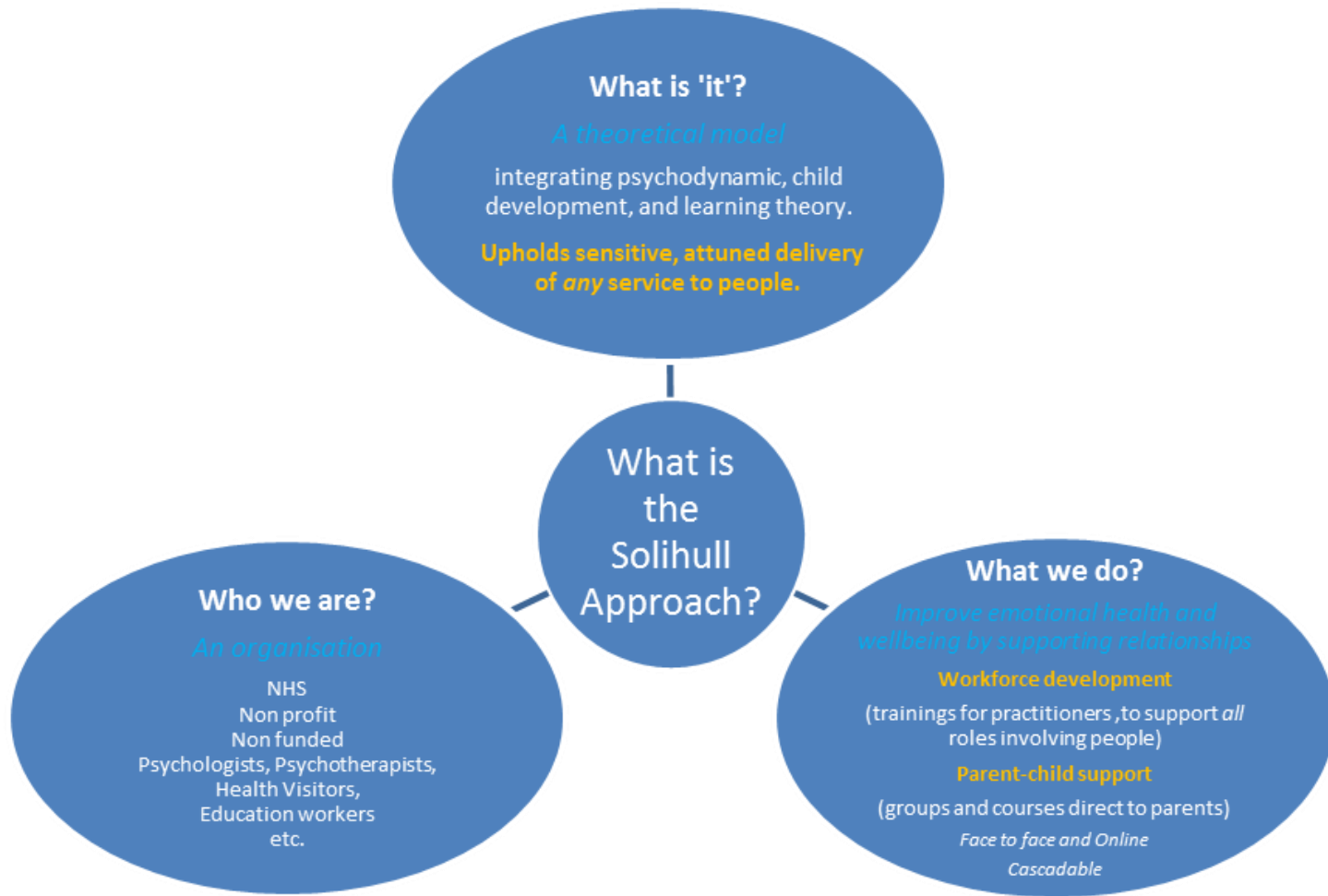
# ONLINE COURSES FOR PARENTS AND PARENTS-TO-BE

SHIRE WIDE MULTI-USER LICENCE

**UNDERSTANDING YOUR CHILD**



S O L I H U L L   A P P R O A C H



# WHAT IS THE SOLIHULL APPROACH?

- o A theoretical model integrating psychodynamic, child development, and learning theory. Upholds sensitive, attuned delivery of *any* service to people.
- o The Solihull Approach is a not-for-profit *NHS* organisation promoting emotional health and well-being by supporting relationships. Established in 1996.
- o Track record of providing highly acclaimed training courses to over 25,000 professionals in over 80 areas of the UK and further afield, within Health, Education and Social care
- o The Solihull Approach is included in the UK Department of Health's Healthy Child Programme, in Northern Ireland's strategy for training health visitors and midwives, in Scotland's strategy for training health visitors and child practitioners.
- o Nationally and Internationally acclaimed face to face courses for parents, carers and grandparents
- o Evidence based, accredited, online courses from prebirth to adolescence, developed with practitioners and parents, tested in the field and with an ongoing research programme.

# WHAT IS ON OFFER?



[www.inourplace.co.uk](http://www.inourplace.co.uk)

\_\_\_\_\_SHIRE COUNTY COUNCIL HAVE PURCHASED A MULTI-USER LICENCE VALID WHICH ENABLES:

## **FREE ACCESS FOR ALL \_\_\_\_\_ SHIRE RESIDENTS TO A SUITE OF ONLINE COURSES FOR PARENTS, PARENTS-TO-BE, AND CARERS**

- o Award winning online course for parents 'Understanding Your Child' 0-19 yrs (main course)
- o 'Understanding your teenagers brain (short course)'
- o 'Understanding your brain (for teenagers only!)
- o Online antenatal course: 'Understanding Pregnancy, Birth & Your Baby'
- o Online postnatal course: 'Understanding your baby'

# CAN WE TRUST THESE COURSES?

- 'Understanding Your Child' has been awarded the DfE CanParent Quality Mark – the only recognised accreditation for parenting courses
- NICE guideline compliant (Ng13)
- Evidence-based
  - Bateson, K., Delaney, J. and Pybus, R. (2008) Meeting expectations: the pilot evaluation of the Solihull Approach Parenting Group Community Practitioner, 81, 28-31.
  - Johnson, R. and Wilson, H. (2012) Parents' Evaluation of 'Understanding Your Child's Behaviour', a parenting group based on the Solihull Approach Community Practitioner 85 (5) 29-33
  - Cabral, J. (2013) The value of evaluating parenting groups: a new researcher's perspective on methods and results Community Practitioner, 86 (6) 30-33
  - Vella, L., Butterworth, R., Johnson, R. and Urquhart Law, G. (2015) Parents' experiences of being in the Solihull Approach parenting group, 'Understanding
  - Douglas, H and Bateson, K. (2017) A service evaluation of the Solihull Approach Antenatal Parenting Group: integrating childbirth information with support for the fetal-parent relationship. Evidence Based Midwifery.15 (1): 15-19.
  - Your Child's Behaviour': an interpretative phenomenological analysis. Child: Care, Health and Development 41:6, 882–894.
  - Baladi, R., Johnson, R. and Law, G. (2018). Strengthening Child-Parent Relationships. Community Practitioner. November, pp 45-47.
  - Johnson, R. (2018) 'Improvements in parenting achieved with innovative online programme: Preliminary evaluation of 'Understanding Your Child – Online' (UYC-OL) – A Solihull Approach course for parents and carers'. Educational and Child Psychology 35(1), pp 40-50.
  - Shahid A, Johnson R. (2018) Evaluation of an online antenatal course 'Understanding pregnancy, labour, birth and your baby' by the Solihull Approach. Evidence Based Midwifery 16(3): 101-106.
  - Douglas, H. and Johnson, R. (2019). The Solihull Approach 10-week programme: a randomised controlled trial. Community Practitioner, 9 (7), 45-47.
  - 'Understanding your baby' – research in progress

Really enjoyed this course. Best  
£39 I've ever spent!

# SOLIHULL APPROACH MODEL AND AIMS (1)

**The Solihull Approach aims to increase emotional health and well-being through both practitioners and parents. It does this through resources and training across the child and family workforce.**

It provides a framework for understanding and supporting the development and maintenance of sensitive, attuned relationships between parents and their infants/children.

Emotional attunement in turn enables infants/children to develop emotional and behavioural self-regulation skills for life, thereby increasing long-term resilience and mental health and wellbeing.

**The majority of health visitors in the UK are now trained in the Solihull Approach model. Child and family practitioners from midwives to schools to social workers are being trained in the model. It has been taken into prisons, and the police and fire services.**

# SOLIHULL APPROACH MODEL AND AIMS (2)

Particular features of the Solihull Approach are:

- It is used for workforce development: increases skills and knowledge, consistency and shared language across agencies using the Solihull Approach
- It can be used for early intervention and prevention in the early years
- It can be used for everyone in a team e.g. children's centre, parent and baby unit, school (from receptionists to support staff to teachers).
- It provides parenting programmes from conception through to adolescence.
- It has a particular emphasis on including fathers.
- It increases the accessibility of parenting programmes through online courses, which have the same content as the face to face groups.
- It provides a theoretical framework for working with emotional and behaviour difficulties and provides supporting evidence e.g. for Ofsted

# UNDERSTANDING YOUR PREGNANCY, LABOUR, BIRTH AND YOUR BABY – ONLINE COURSE

- Module 1** Welcome!
- Module 2** Helping you and your baby through pregnancy and birth
- Module 3** Getting to know your baby in the womb
- Module 4** You, your baby and the stages of labour
- Module 5** Helping you and your baby through labour and birth
- Module 6** Feeding your baby
- Module 7** Who's the Daddy now? – I'm the Daddy!
- Module 8** After your baby is born
- Module 9** Congratulations

Developed by Registered Midwives working with health professionals in the Solihull Approach team.

It has the same content as the Solihull Approach face to face antenatal course, which has the same name 'Understanding pregnancy, labour, birth and your baby.'

If a parent cannot access an antenatal group, this course is a good alternative

If one parent is in an antenatal group and their partner can't attend, this course is a good alternative for their partner and others around the baby

It means that everyone around the birth of this baby can do this course, including grandparents

There are 9 modules

There are interactive activities, quizzes and video clips

It works on mobiles, tablets, Pcs, Macs, ipads and laptops



# UNDERSTANDING YOUR BABY – ONLINE COURSE

- Module 1 Understanding feelings: both yours and your baby's
- Module 2 Understanding your baby's brain
- Module 3 Understanding your baby's crying
- Module 4 How to respond to crying
- Module 5 Understanding your baby's rhythms
- Module 6 Developing healthy sleep patterns
- Module 7 Understanding your baby's feeding
- Module 8 Who's the Daddy now? – I'm the Daddy!
- Module 9 Understanding your baby's development and play
- Module 10 Understanding your baby's childcare
- Module 11 Congratulations

This course gives parents information about their baby's brain development and their baby's physical and emotional development. It shows how important their relationship with their baby is for the baby's development.

It integrates the traditional information given on a postnatal course with this new approach to developing your relationship with the baby. It looks at the baby's sleeping, feeding, crying, playing and childcare options.

The course was developed by Health Visitors working with health professionals in the Solihull Approach team.

If a parent cannot access a postnatal group, this course is a good alternative

If one parent is in a postnatal group and their partner can't attend, this course is a good alternative for your partner and others around the baby

It means that everyone around the baby can do this course, including grandparents

There are 11 modules

There are interactive activities, quizzes and video clips

It works on mobiles, tablets, Pcs, Macs, ipads and laptop

# UNDERSTANDING YOUR CHILD – ONLINE COURSE

- Module 1** How your child develops
- Module 2** Understanding how your child is feeling
- Module 3** Tuning into what your child needs
- Module 4** Responding to how your child is feeling
- Module 5** Different styles of parenting
- Module 6** Having fun together
- Module 7** The rhythm of interaction
- Module 8** Why is sleep important?
- Module 9** Self-regulation and anger
- Module 10** Communication and tuning in
- Module 11** Looking back and looking forwards

Online course for parents of children aged 6 months to 18 years. The first online course for parents to be awarded the Government's CANparent Quality Mark.

Developed by the Solihull Approach team; health professionals working together with parents and practitioners.

For curious parents, for Dads who want to be the best Dads they can be, for Mums who want to be the best Mums they can be.

Over 90% of parents think that a parenting course would be useful.

The course can be done at a time and place to suit family life

It is 11 modules long and each module takes about 20 minutes with voiceovers for the main text

There are interactive activities, quizzes, video clips and practical handouts

Works on Pcs, Macs, ipads, laptops, mobiles and tablets

# UNDERSTANDING YOUR TEENAGER'S BRAIN

**UNDERSTANDING YOUR CHILD**  
SOLIHULL APPROACH

**NHS**  
Bolton  
NHS Foundation Trust

## UNDERSTANDING YOUR TEENAGERS' BRAIN

(short course)

**ONLINE courses for parents, FREE across [Insert Place Name]**

Written by Psychologists, Psychotherapists, Health Visitors & NHS Professionals

Part of the Solihull Approach series  
9 Modules, Lifetime access  
Available 24/7

This short course has more information about changes in the teenage brain than the main course ('Understanding your child' 0-19 yrs), specifically for parents of teenagers.

Teenager's brain development  
Teenagers and reading faces  
Risk taking  
Risk taking and friends  
Sensitivity to rejection  
Teenagers and sleep

**Access Code: SAMPLE CODE**

Go to [www.inourplace.co.uk](http://www.inourplace.co.uk)  
Apply the 'Access Code' for FREE access!  
Fill in some details to create an account  
To return to the course(s) go to [www.inourplace.co.uk](http://www.inourplace.co.uk) and sign in!

**SolihullApproach**  
[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)

**@SolihullApproach** (NB: 101)  
[www.inourplace.co.uk](http://www.inourplace.co.uk)

For technical support contact: [solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk)  
or 0121 296 4448 Mon-Fri 9am-5pm

# UNDERSTANDING YOUR BRAIN (FOR TEENAGERS ONLY!)

**NHS**

**UNDERSTANDING YOUR CHILD**  
SOLIHULL APPROACH

Online course for teenagers

## 'Understanding your brain (for teenagers only!)

- Have you noticed changes in your behaviour?
- Do you sleep more than you used to?
- Want to know why teenagers are more open-minded?

Your brain is changing!  
Find out more!

Visit:  
[www.inourplace.co.uk](http://www.inourplace.co.uk)  
and 'Buy course or apply code'

**Only £8.99!**  
One off payment;  
non-expiring access

9 Modules

For technical support contact:  
[solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk)  
or call 0121 296 4448 Mon-Fri, 9am-5pm

# BRAIN DEVELOPMENT AND THE IMPORTANCE OF EARLY RELATIONSHIPS

Research shows that the brain has its most prolific period of growth and development during conception and the first three years. This is why it is so important to give the right support to families early on.



Attachment theory explains how the ways of relating to others learned in our earliest relationships (attachment pattern) become a blueprint for all future relationships.

Containment and Reciprocity (cornerstone theories in the Solihull Approach model) are the building blocks of a secure attachment pattern.

Supporting families with Containment and Reciprocity therefore promotes secure attachment patterns and positive relationships.

# WHAT DO PARENTS THINK?

“Seriously impressed that the kid’s school have subscribed for all parents/relatives of pupils to access the Solihull Approach course....

.... It’s all about recognising emotions in yourself and your child and understanding how they impact upon behaviours rather than the old fashioned praising of good behaviours and ignoring of bad. It acknowledges that perceived bad behaviours need attention too as the cause may be stress/unhappiness/anxiety and those things shouldn’t be ignored but supported. ...

...The key to reducing “bad” behaviours is understanding your child as an individual and their emotional triggers and how you can work with them to manage them. Hooray! Thanks St Nicks... you’ve save me £40 and reassured me that I’m using the right approach 😊👉...


...It’s online, just 11 modules that you listen to/watch approx. 4/5 days apart and is VERY informative. ...

...wowzer... it feels like a “one small step for man” moment! ...There’s a section about child development 0-3 years at the start and it says stuff I didn’t know even though I’ve studied it about babies turning their heads away to make neuron connections ...sooooo good.”

Jen W, Alcester.

# WHAT DO PARENTS THINK?

- “Really enjoyed this course! Best £39 I’ve ever spent!”
- “This has been a really valuable experience that in a way will impact on many aspects of my life”
- “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”
- “The Solihull Approach course I did made it clear parents don’t need lessons: daily life throws us enough of those. What we need is the space to step back and observe our children. We need some structured guidance to help us reflect on all the factors that make them behave the way they do; some developmental, some circumstantial.”
- “I have found the online course very useful. Now, I take time to think more during difficult situations and during arguments with my kids.”
- “It doesn't work all the time but bit by bit, we are working towards a less confrontational household!”

- “You don't actually realise what is going on in your child's brain, this course helped, every parent should do this, i wish i'd done it sooner!”
  - “Enlightening!”
  - “It rings so true, my daughter is exactly like everything it says. Glad it's not just me that has these issues”
  - “Well presented information, with enough biology/explanation to fully understand the changes that are taking place - also good/helpful suggestions of how to accommodate the teen years - thank you”
  - “Brilliant course! Thanks”
  - “About the right amount of information and well presented in short chunks”
  - “Very insightful”
  - “Very easy to navigate and understand”
  - “It was better to read short bits than have to concentrate on long passages, kept me interested. The quizzes ensured I retained the information”
  - “I learned a lot”
- 

# WHAT DO TEENAGERS THINK?

- “love how it is laid out on the screen and different styles of text etc”
- “A very easy to understand way of putting things and no longer will I fight against things that I can not change due to biology”
- “I think the course was very helpful in helping me understand my own reactions better”
- “it is very useful in understanding the teenage brain”



# BENEFITS TO PARENTS AND CARERS

Increased confidence

Decreases in conflict in the relationship with their child

Increased closeness in the relationship

Calmer household, better behaved children

Able to recognise own emotions and seek support

Improved couple relationship

Approach situations thoughtfully, better able to see things from their child's perspective

Increased understanding of child development

Up to date knowledge for parents and grandparents

# POPULATION BENEFITS

Uplift in the emotional health of the next generation

Improved emotional health and wellbeing by supporting relationships

Inoculation against future mental health problems

A shift in culture away from 'bad behaviour' and 'command and control' models of parenting towards recognising behaviour as a communication and supporting children to develop emotional and behavioural self-regulation skills.

Babies seen as needing support with emotional as well as physical development

Emotional intelligence from an early age

# BENEFITS TO CHILDREN

Calmer parents, happier households

Less conflict, more closeness

Attuned sensitive care, more empathy by adults around them

Tailored boundaries which take into consideration individual needs

Develop ability to articulate, share and ultimately manage own emotions

Resilience against mental health problems

Emotional intelligence

# HOW DOES IT WORK?

Professional launch 19<sup>th</sup> August 2028

Public launch 19<sup>th</sup> September 2028

Learners enter the access code XXXXXX at at [www.inourplace.co.uk](http://www.inourplace.co.uk)

They create an account and complete a registration page relevant to our area.

Once parents have created an account they enter select the course they wish to access.

To resume a course sign in to your account and resume where you left off.

Access is non-expiry (lifetime!)

GDPR compliant. Learner details will never be revealed outside the Solihull Approach team and their tech partners.  
<https://inourplace.co.uk/privacy/>

# MORE ABOUT THE COURSES

- Accessible by PC, laptop, tablet and smart phone (modern browser required)
- 9-11 modules, 15-20 minutes each.
- Recommended to take a few days between modules to put ideas into practice and complete 'Home Activities'
- Certificate at the end
- Indefinite access – once the coupon code has been used access is non-expiry even if code expires
- Non-prescriptive
- Introduces a way of thinking about what is going on, relevant across the age range – as demonstrated by virtual families within the courses.

Name of course and module title

Module progress bar. Ticks = completed units, circles = units yet to complete



## What's different about the Solihull Approach?

Scroll to the bottom to "Mark as Completed" to progress through the units

Name of unit



Audio bar, plays automatically, can be switched off in settings

As a parent, you already know a great deal about your child. What's different about the Solihull Approach is that it applies key messages from research to add to your understanding of your child. You will find more ways to think about what your child is telling you through their behaviour. You will also find more ways to think about your relationship with your child.



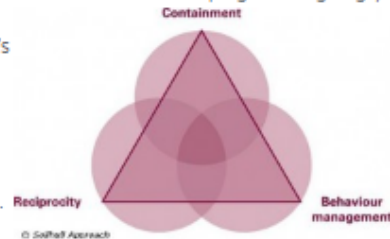
Whatever age your child is, this added understanding may help as you go through life, with all the unexpected situations that crop up as your child grows up.



The course begins by taking a look at how your child's brain develops and how this is linked to your relationship. It explains the concepts of containment and reciprocity and looks at how these are part of your relationship, which in turn is part of your child learning how to self-regulate or manage themselves. The course shows how this is the foundation for behaviours such as sleeping or being angry.

The course looks at your child's feelings, but starts with your feelings as a parent.

Click next to reflect on how being a parent makes you feel.



© Solihull Approach

Have you completed this unit?

[Mark as completed](#)



## About this course

*Scroll to the bottom to "Mark as Completed" to progress through the units*



00:00



00:00

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So now that you understand how the course works we would like to welcome you to 'Understanding pregnancy, labour, birth and your baby'. This course is for mothers, fathers, partners, other family members and those who will be present at the birth of the baby.

We will be covering facts about labour and birth, but we will also be thinking about the relationship with the baby.

This relationship starts in the womb and continues throughout labour, birth and beyond. The course starts by laying the foundations for a more relaxed and supported pregnancy for everyone.

Whether you are the mother, father, partner or other family member, this course will give you a space to think about yourselves and others, who can help you through labour and birth and how to introduce yourself to, and get to know this baby even before they are born.

It will:

- 🔊 give you information about pregnancy, labour and birth
- 🔊 give you different ways to cope with the changes that are going on
- 🔊 introduce yourself to this baby even before they are born
- 🔊 give you a space to think
- 🔊 give you ideas about ways to manage your feelings
- 🔊 help you find out who can help you through labour and birth
- 🔊 help you think about your relationship with this baby





## Welcome to Understanding Your Baby!

*Scroll to the bottom to "Mark as Completed" to progress through the units*

### Congratulations!

Now your baby is born, you face new joys and a new set of challenges! We hope that this course helps with it all.



Throughout this course 'your baby' means the new baby in your life, whether you are the father, mother, partner, grandparent or other family member.

You may have twins or triplets and for you this course is called 'Understanding your babies'!

The course will take you a few hours to complete. We do not recommend that you do it one go! It is a lot to take in. Our face to face postnatal group is 6 sessions of 2 hours each... 12 hours in all. This course is unlikely to take you 12 hours in total, but it will take a while as it has the same content as the face to face postnatal group.

This means that if you are doing this online course 'Understanding your baby' and others around you have been or are going along to the Solihull Approach postnatal group 'Understanding your baby', you will all get the same information and the same home activities.

There are audio and video sections so you may want to make sure that you have headphones to listen to the sound or turn up the sound on your computer.

If you don't want the voiceovers to play automatically, you can change your Profile settings by clicking on your name at the top of the screen, going to "Profile" and selecting 'off' next to "Course Audio". You will then need to refresh this page once you have turned the Audio off.



# HOW DO WE FIND OUT MORE?

- [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)
- [www.inourplace.co.uk](http://www.inourplace.co.uk)
- For help with technical issues contact [solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk)  
0121 296 4448  
(The most common issue can be resolved by accessing the courses via a modern browser such as Google Chrome, Firefox, or Explorer 10)
- Any other queries contact Public Health Admin [phadmin@solihull.shire.gov.uk](mailto:phadmin@solihull.shire.gov.uk)