

A7 - Testimonials by parents for Solihull Approach online courses

"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 H, Alcester.

"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!"

"Loving the parenting online course, excellent!!!!"

"Brilliant course by the way, loving it!" Gus W

<p>"Its an absolutely brilliant course. And is a fantasitc way to educate us all to pause and stop and try to see what's behind the behaviour rather than responding to the behaviour. Applies to work colleagues/ friends/ acquaintances as well as kids! Win win win." Ellie C</p>
<p>"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!"</p>
<p>"A well structured and easy to follow course with lots of information and tips which were backed up with research. I particularly liked the experiments. Easy to make sense of and to remember in the future when thinking about the changes in the pre-frontal cortex and the amygdala"</p>
<p>"Enlightening!"</p>
<p>"It rings so true, my daughter is exactly like everything it says. Glad it's not just me that has these issues"</p>
<p>"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"</p>
<p>"Brilliant course! Thanks"</p>
<p>"About the right amount of information and well presented in short chunks"</p>
<p>"Very insightful"</p>
<p>"Very easy to navigate and understand"</p>
<p>"It was better to read short bits than have to concentrate on long passages, kept me interested. The quizzes ensured I retained the information"</p>
<p>"I learned a lot"</p>