

Handout 5: Parallel processes between the training course and the Antenatal Parenting Group

	Between parents and the baby (parenting course)	Between group facilitators and parents (parenting course)	Between trainers and delegates (training day)
Containment	<p>The Solihull Approach Antenatal Parenting Group encourages parents to develop key skills in containment such as:</p> <ul style="list-style-type: none"> • How to work out what your baby is feeling • How to work out what you are feeling • How to recognise and name feelings • How to respond appropriately to feelings 	<p>Group facilitators model containment by listening well, devoting extra time to this at the beginning of parenting group sessions. They model the process of acknowledging, naming and explaining feelings. Group facilitators manage their own feelings well and are not overwhelmed by the feelings expressed in the antenatal parenting group.</p>	<p>Trainers acknowledge the delegates feelings through the day, giving particular attention to this at the start of the day. They model the containment of delegates' anxieties during group discussions. They do not become overwhelmed by the delegates' anxieties</p>
Reciprocity	<p>The Solihull Approach Antenatal Parenting Course introduces the idea of getting to know your baby even in the womb. Feeding includes thinking about timing and rhythm of the feeds. The baby is introduced as a social being.</p>	<p>The group facilitators get to know their group, listen out for how feelings are communicated, and watch for signals about when the group are feeling overwhelmed, tired or passive. There is a constant balance between the overall aim of getting through the course content, and the minute by minute needs of the parents to talk about other topics.</p>	<p>The trainers plan sessions based around the needs of potential group facilitators. They get to know their delegates and can adapt sessions accordingly to meet each group's unique needs. They watch out for communications about whether the group are tired or need a tea break.</p>
Behaviour Management	<p>The idea is introduced of thinking about containment and reciprocity before implementing behaviour management. For instance, when a baby cries. One of the aims of the course is to help parents be calmer during birth, so that it is easier to follow any instructions.</p>	<p>Group facilitators set sensitive and appropriate boundaries through the use of ground rules, keeping to time, providing a regular structure to the sessions, addressing any inappropriate behaviour. They also model some techniques such as praise.</p>	<p>Trainers mirror the parenting group structure and boundaries. Information about specific group work skills are set within a framework of containing delegates' anxieties and helping them think reciprocally about the parents.</p>