

SOLIHULL PROGRAMME



THE SOLIHULL PROGRAMME IS FOR PARENTS AND CARERS WITH CHILDREN 0-11 YEARS WHO WANT TO KNOW MORE ABOUT SENSITIVE AND EFFECTIVE PARENTING

The Solihull Approach Parenting Group emphasises the need for emotional containment and the presence of a reciprocal relationship. This enables parents to think, within the group and at home, about sensitive and effective approaches to behaviour management. It also empowers parents to build on their existing skills and develop a way of thinking to solve difficulties in the future.

The Solihull Approach Parenting Group is designed to help parents develop a way of relating to their child that promotes child development and effective behaviour management. It helps to understand the way a parent and child communicate with each other and also identifying and working through the emotional pressures of parenthood.

The programme is currently being delivered virtually via zoom over 10 weeks. You will have a 1:1 telephone call with a facilitator prior to joining the group. This will be followed by ten group sessions. Each group session will last 2 hours with a short comfort break midway through.

AIMS AND OBJECTIVES

- To promote understanding of children's behaviour
- Tune into children
- Exploring feelings
- To give parents a strategy for repair when things go wrong
- To develop a framework for thinking about parent/child relationships, which can be developed into a lifelong skill
- To promote reflective, sensitive and effective parenting



WE WILL EXPLORE AREAS SUCH AS:

- Having fun together
- Developmental needs
- Behavioural difficulties
- Communication
- Sleep

Referrals can be made by contacting: CFSGroups@nctrust.co.uk

