



[The Solihull Approach](#) is a team of professionals within the NHS, passionate about **preventative mental health**, encouraging **sensitive attuned relationships** within the family and **understanding brain development and early trauma** to help nurture kind, emotionally aware children as they grow. This will lead to better parent-child relationships and happier families. They work across the UK and internationally.

**Solihull Approach promotional video:**

[All about the Solihull Approach and its training in emotional health and wellbeing for children - YouTube](#)

**Herefordshire.gov.uk**



Whether a parent, carer, grandparent, family friend or professional, there is something for everyone.



Parents/carers



Foster Carers



Professionals



Primary Schools



High Schools



# Parents/carers

There are some excellent online programmes for parents, grandparents, parents to be but also for anyone who wants to find out more about children. There are lots of different ones to choose from. There is an antenatal course, a postnatal course and a course from toddlers to teenagers. One thing all the guides have in common is understanding how important mums, dads and carers are.

These award winning guides aim to support in the most difficult job in the world! We know it works because parents tell us how much more they are enjoying their family life.

Herefordshire Council have paid for a Multi User License to make online parenting courses available for free to all Herefordshire residents.

### Online courses include:

- Understanding your pregnancy, labour, birth and baby
- Understanding your baby
- Understanding your child (from toddler to teenager)
- Understanding your child with additional needs
- Understanding your teenager's brain
- Understanding the impact of the pandemic on your teenager
- Understanding your brain (for teenagers only)
- Understanding your feelings (for teenagers only)
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing
- Understanding the impact of the pandemic on your child
- Understanding your relationships
- Understanding your preterm or sick baby in hospital
- Understanding your preterm or sick baby now you're home

### How to sign up to the free parenting courses

Go to [www.inourplace.co.uk](http://www.inourplace.co.uk) and use the free access code APPLEHERE to sign up.

Once registered they have lifetime access and can do as many courses as they want.

A certificate can be downloaded upon completing each course.

All courses are fully funded by Herefordshire Council and are free to Herefordshire residents.

Parents can also sign up to the main course 'Understanding your child' with other parents in a group through the Children Centre Services. This is a 10 week group session.



# Foster carers

The Solihull Approach team have developed a popular and evidence based course for foster carers. It is used as a foundation course for all foster carers in Herefordshire and is delivered over 2 times 6 weeks. The course provides a framework, so that past and future knowledge can be integrated into an understanding of the foster child. The model is intended to support a lifelong skill and can be applied to various types of foster placements. It is designed to support the foster carer/child relationship. It helps the foster carer to customise behaviour management and to support the child to regulate themselves. This course is intended for Foster Carers who want to know more about their foster child's development and about sensitive and effective caring.

It aims to develop a framework to think about carer-child relationships which can be developed into a lifelong skill. This in turn promotes understanding of their foster child's behaviour and helps develop effective strategies to manage the child's behaviour.

### Sessions for the Foster carer course include:

- Brain Development
- Containment
- Reciprocity
- Introduction to attachment
- Understanding your child's behaviour
- Different styles of parenting
- Spending time together
- Rhythm of interaction and sleep
- Self-regulation and anger
- Communication and attunement/Rupture and repair

### Contact the Foster Carer team

Contact [Julie.Goodwin@herefordshire.gov.uk](mailto:Julie.Goodwin@herefordshire.gov.uk) to book on and find out when and where the next Foster Carer training course is taking place.



# Professionals

Practitioners can sign up for the 2-day Foundation training to introduce them to the Solihull Approach. There are two weeks between Day 1 and Day 2 to enhance theory into practice.

This training aims to increase emotional health and well-being, as well as introduce delegates to the developmental effects of childhood trauma in relation to working with children and their families. It introduces a model for understanding the impact of relationships on health and wellbeing and the impact of adverse childhood experiences on health and wellbeing. It supports effective and consistent approaches across agencies.

It is designed for any practitioner or volunteer working with babies, young children and school-aged children, young people and their families to support the use of the Solihull Approach from any agency.

## Booking onto the 2-day Foundation course

This training is offered by Herefordshire Council free of charge to all professionals and volunteers working with children and families in Herefordshire and can be booked through [Herefordshire CPD](#).

These courses are delivered face to face and we typically run 5 courses for professionals per year.

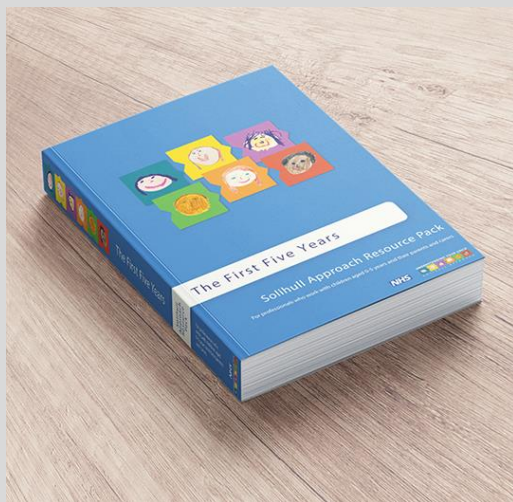
We can also deliver the 2-day Foundation course for an entire setting or organisation.

## Journey to parenthood



The Antenatal: Journey to parenthood resource pack is for professionals working antenatally.

## The First Five Years



This includes the Solihull Approach model and has a comprehensive set of handouts for parents on various issues in the first five years: sleeping, weaning, toileting, playing, emotional and physical development.

## The School Years



This includes brain development, the Solihull Approach model, applying the model to school aged children (including adolescents), information on issues such as depression, phobias, eating disorders etc.

## Fostering, Adoption and Social Work



This includes the Solihull Approach model, brain development and off age development. This pack is for professionals who work with children, families and carers who are involved in fostering and adoption.

**Resource packs can be ordered through:**

[Resource Pack | HeiApply Products Store](#)

# Primary Schools



**WHOLE SCHOOL APPROACH**  
TO MENTAL HEALTH AND WELLBEING



# Whole school training for staff

This course delivers the Solihull Approach Foundation training to an entire school staff, including caretakers, school governors, reception staff etc. It is delivered as one-full-day training followed by one optional twilight-hour session 2 weeks later because we are aware of the pressure on your training time. For schools with more than 50 staff attending training, there will need to be more than one training group.

This training aims to increase emotional health and well-being, as well as introduce delegates to the developmental effects of childhood trauma in relation to working with children and their families.

The Solihull Approach introduces a model for understanding the impact of relationships on health and wellbeing and the impact of adverse childhood experiences on health and wellbeing. It supports effective and consistent approaches across agencies as a shared framework.

There are two weeks between Day 1 and the twilight session to enhance theory into practice.

## **Duration**

1 inset day (6h) + 1.5h twilight session



# Workshop for parents

## **2 hour workshop for parents of young children**

During this workshop we look at brain development and reciprocity. The quality of the parent-child relationship is crucial to the way the brain wires itself up, and to the child's ability to regulate their own emotions and behaviour. Early brain development will influence the child's ability to concentrate, regulate feelings and behaviour, and to learn. So this will have a positive effect on behaviour and learning in the classroom.

## **2 hour workshop for parents of adolescents**

During this workshop we look at brain development. Our brain continues to form new synapses and prune away unused connections throughout life so there is always potential for change. However, critical pathways developed during the first years of life can continue to exert a strong influence and may be hard to change. The brain goes through a further period of development in the teenage years providing a window of opportunity for change. We will look in detail at the changes of the brain of an adolescent and discuss why they may take risks, sleep a lot, be impulsive, emotional, rebellious, disorganised and distracted. Teenagers might physically look mature, but their brains are still developing into their early twenties. For parents to be aware of this, is crucial in being able to understand and support their teenager even better.



## Online programmes for parents

There are 14 different programmes available for parents/carers, grandparents, friends and family covering from conception up to 19 years of age. Herefordshire Council has purchased a Multi User License so all guides are FREE for Herefordshire residents.

The engaging online programme help parents be the best mum, dad or carer that they can be, whatever the age of the child.

They will find out more about their child's brain development and how their child's feelings affect their behaviour. It helps with understanding why children behave a certain way when they are angry, have tantrums or trouble sleeping.

Go to [www.inourplace.co.uk](http://www.inourplace.co.uk) and use the accesscode APPLEHERE for free access.

For more information see the Parents/carers page.



## Face to face groups for parents

Some parents will really benefit from doing a parents programme with other parents in a group. The [Herefordshire Children's Centres Services](#) have been running Solihull Approach groups for parents for many years.

These are 8/10 sessions of face to face groups for parents across child age range. The content of the course is the same as the online Understanding your child and the first in the UK to be awarded the only Quality Mark for courses for parents (Government's CANparent Quality Mark).

Please contact Jo from the Children's Centres Services on [joanne.tozer@herefordshire.gov.uk](mailto:joanne.tozer@herefordshire.gov.uk) or call 07792 880013 to find out when and where the next one is running and how to refer parents.

Some Primary Schools in Herefordshire deliver this course alongside the Children's Centre staff. If your school is interested in doing this, please contact [lieke.blondeel@herefordshire.gov.uk](mailto:lieke.blondeel@herefordshire.gov.uk).



# High Schools

On top of puberty and coping with changes in their body, teenagers also have to cope with big changes in the way their brain is organised. The biggest time of growth in a human brain is in the first 3 years of life. The next time of big brain development is during the teenage years. Compared to when they are little, teens react very different to things like situations, people and events. Their behaviour is affected by the changes in the brain.

It helps teenagers to understand themselves and their friends if they know what changes they are going through. And it helps parents and professionals working with teenagers to understand why they react the way they do, why they don't seem to understand you sometimes and why they want to go to bed so late!

The recent pandemic has had an emotional impact on teenagers and it is more important than ever for them to understand and process their feelings in the context of relationships.

There are some short online guides available to understand the changes teenagers are going through:

**Guides for parents of teenagers and professionals working with teenagers:**

- Understanding your teenager's brain
- Understanding the impact of the pandemic on your teenager
- Understanding your child (from toddler to teenager)

**Guides for teenagers:**

- Understanding your brain (for teenagers only!)
- Understanding your feelings (for teenagers only!)

**How to sign up to the free teenager courses**

Go to [www.inourplace.co.uk](http://www.inourplace.co.uk) and use the free access code APPLEHERE to sign up.

Once registered they will have lifetime access and can do as many courses as they want. All guides are fully funded by Herefordshire Council and are free to Herefordshire residents.

**How to use this in school**

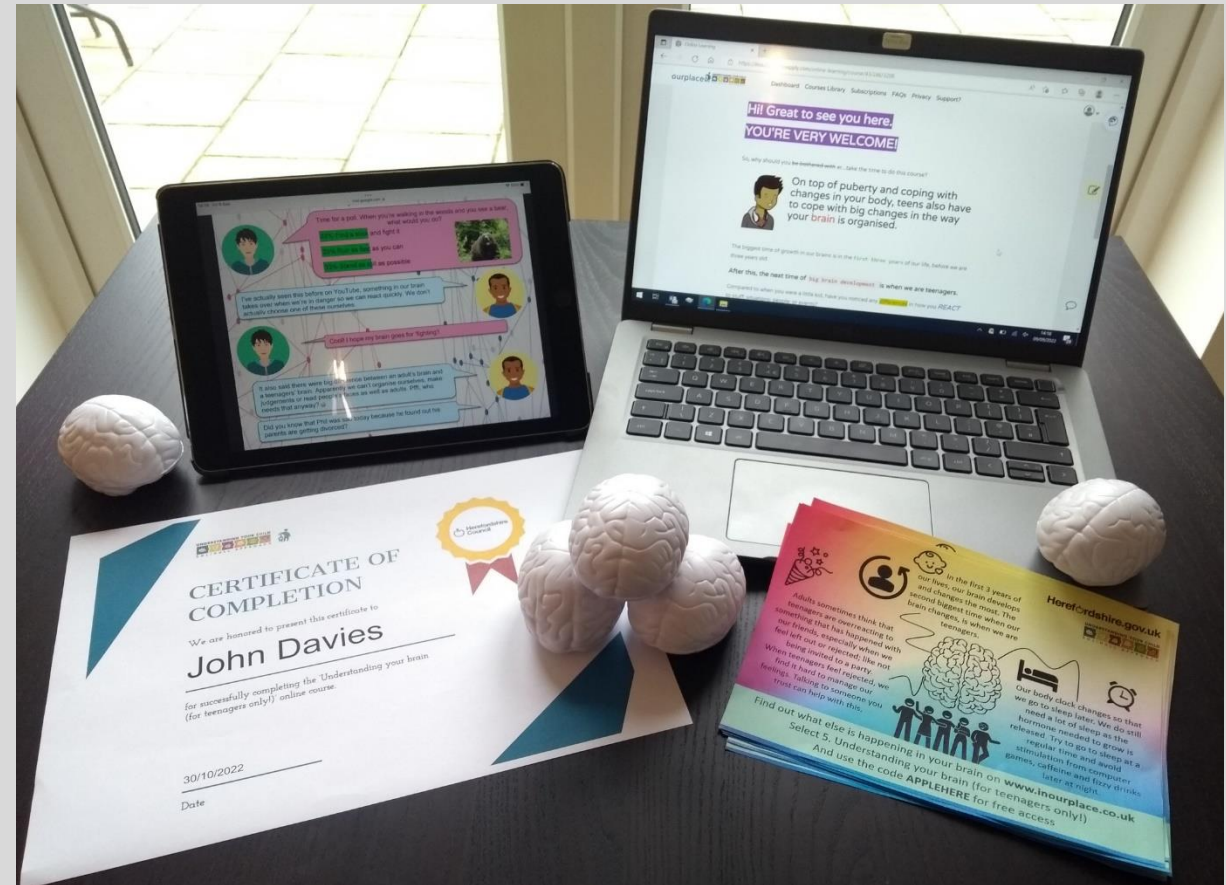
Each student can set up their own account and do the course(s) during a PHSE lesson or form time at their own pace. Or the entire class can go through it together, discussing the content in class as you go along.

For maximum effect and understanding, the students and parents would both do the course. So we encourage schools to promote the course to parents/carers by putting something on their website/social media or mention it in a newsletter.

**We have put together a package for High Schools to help introduce the courses and its content to their students and parents/carers:**

**The support package includes:**

- Stress brain with printed link and free access code
- Flyer with the main messages of changes in the brain with link and free access code.
- An online conversation between friends including the main information about the changes in the brain and how teenagers might respond.
- Certificate of completion for each student if the teacher decides to go through the courses with the students on one account in the classroom.
- Video about why teenagers like to take risks, especially in view of their peers.
- Example text for website/newsletters to encourage parents to do '*Understanding your teenager's brain*'.



# Promotional videos and contact details

Contact [lieke.blondeel@herefordshire.gov.uk](mailto:lieke.blondeel@herefordshire.gov.uk) for any questions in regard to the Solihull Approach offer in Herefordshire

## What is the Solihull Approach?

[All about the Solihull Approach and its training in emotional health and wellbeing for children - YouTube](#)

## 3 Interviews with parents:

<https://youtu.be/RQGkSXvfmVo>

<https://youtu.be/Onriee4FR0k>

<https://youtu.be/JEq8Ya8xn3U>

## 6 shorts:

Understanding your child's feelings <https://youtu.be/WMBaFws1h80>

The importance of play <https://youtu.be/ZysLoZhhSpw>

Teenagers and risk taking <https://youtu.be/FmJNWVVmy88>

Containment <https://youtu.be/MQJNboAaKsc>

Reciprocity <https://youtu.be/dnLFD8riEVg>

The importance play can have on a family generation <https://youtu.be/2Ig9h00AhKg>