

Solihull Parenting Course – 0-18 years old

Solihull Approach is a 10 week course for parents with children from universal to complex needs and is all about emotional health and well-being.

Aims:

- ♦ To offer an opportunity for parents to reflect on their current situation with their children and how they can support them to find a positive way forward..
- ♦ To look at the whole family and their needs and how these can be best supported by the parents and wider family.
- For parents to have an opportunity to share experiences .

The programme is designed to run for 2 hours per week over 10 weeks, and sessions covered include:

- How do you know what you and your child are feeling?
- Tuning in to your child's developmental needs
- Having fun together
- Self-regulation
- Sleep and anger
- Different styles of parenting
- How to recover when things go wrong

In Mid-Sussex we run a course each term at different locations. Due to the distance between the main towns we will endeavour to offer you a place on a course near to you.



To book a place on a course please call Lucy Barkess on 01273 467968

You will need to complete a telephone referral and will be placed on our waiting list. When a place is available on a course near you we will contact you and ask you to meet with our Solihull team to discuss your needs and what you are hoping to achieve from attending the course.

If you are offered a place it is important that you ensure that you are able to attend the full course as it is a building blocks format and it is important that each session is attended to give the course its full potential.

"Our relationships in our family have improved we now spend more time together and enjoy each others company."

"I have realised that my child is not challenging me but is finding something difficult to deal with and is asking for my help."

