

# Solihull Parenting Team



**Solihull**  
METROPOLITAN  
BOROUGH COUNCIL

**Support, advice and signposting for parents and carers in Solihull**



ANTENATAL \* POSTNATAL \* UNDERSTANDING YOUR CHILD \* BEING A PARENT \* UNDERSTANDING MENTAL HEALTH

# Solihull Parenting Team



- The team is expanding to 4 FTE
  - All of our groups are open to all so everyone is welcome
  - No referral is required.
- Parents/carers/family members can book themselves on via email, telephone, Eventbrite or [Solihull.gov.uk](http://Solihull.gov.uk) website

## Parenting groups:

- Five to Thrive
  - Being a Parent - Empowering Parents Empowering Communities
  - Understanding Your Child - Solihull Approach
  - Solihull Approach online parenting courses
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- Parental mental health awareness workshops – Barnardos/Solar
  - Autistic Spectrum Specialist programmes and webinars - Autism West Midlands

- Antenatal parenting group
  - Journey to Parenthood
- Postnatal parenting group
  - Understanding Your Baby



# FIVE TO THRIVE

For parents of 0-4 year olds

Focusing on everyday things that we can do to understand and support our babies' brain development.

Six week programme with the first session focusing on parental self-care



# Being a Parent



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES

- Led by volunteer Parent Group Leaders
- Delivered face-to-face & virtually
- Group runs for 8 weeks
  - Face to Face: 2 hours per week
  - Virtual: 90 mins per week
- Being a Parent aims to improve child development & outcomes, parenting & family resilience and has positive outcomes for children's behaviour.



# Understanding Your Child

- Led by people from a range of professional backgrounds
- Delivered face-to-face
- Group runs 2 hours per week for 10 weeks
- Evidence based & underpinned by the 3 key principles of:
  - Containment
  - Reciprocity
  - Behaviour management
- Universal in content, but adaptable for a range of ages and needs





# Solihull Approach online courses



Courses for parents and carers:

- Antenatal: Journey to Parenthood
- Postnatal: Understanding Your Baby
- Understanding Your Child
- Understanding Your Child with additional needs
- Understanding Your Child's Mental Health & Wellbeing
- Understanding the Teenage Brain

Courses for teens

- Understanding Your Brain

**\*ALSO ACCESSIBLE TO PROFESSIONALS USING CODE: APPLEJACKS\***



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## Summer holiday taster sessions

- Short introductions to each of the parenting courses
- Details coming out to you shortly

# Solihull Parenting Team



## How to contact us:

- [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net)
- 0121 301 2773
- [Solihull Parenting Team, Solihull MBC Events | Eventbrite](#)



- [Parenting support \(solihull.gov.uk\)](https://solihull.gov.uk)