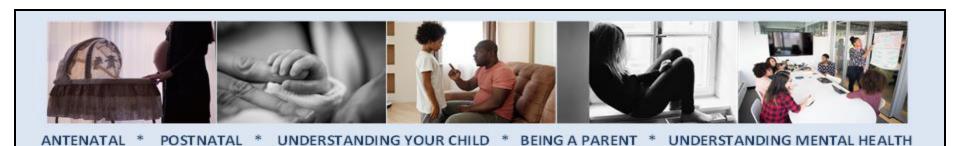




Support, advice and signposting for parents and carers in Solihull







- 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 website





Parenting groups:

- Five to Thrive
- Being a Parent Empowering Parents Empowering Communities
- Understanding Your Child Solihull Approach
- Solihull Approach online parenting courses
- 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

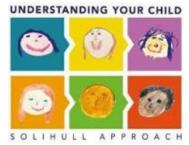


Being a Parent



- 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







Summer holiday taster sessions

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





How to contact us:

- bsmhft.parenting@nhs.net
- 0121 301 2773
- Solihull Parenting Team, Solihull MBC Events | Eventbrite



Parenting support (solihull.gov.uk)