

The Solihull Approach

Solihull 'Understanding your Child' is an enjoyable, well-established and trusted way of understanding more about your child and is for Mums, Dads, Grandparents and Carers. The approach provides lots of useful information from birth until 18years, covering children's milestones, development, behaviour, sleep, feelings/ emotions.

Parents / Carers often say they feel calmer, more confident and have a better relationship with their child once they have completed the course.

Parents, Grandparents, Carers and Professionals have found this resource extremely useful and helpful.

The 'Understanding your child' course covers:

- Sleep, self-regulation and anger
- Responding to how your child is feeling
- Child development -0-18
- How your child communicates
- Understanding your child's behaviour
- Different styles of parenting



The Solihull Approach has been running in all Denbighshire Primary Schools over the last 3 years and High schools and preschool settings are also now able to access the course. The course is available both through face to face delivery and can also be accessed as a FREE Online resource.

The Solihull approach has been very successful and school staff and practitioners along with other professionals have received training to enable them to implement the approach too.

Your Family Link Worker Lucy Evans will be contacting you shortly to offer registration to the course.