

## Solihull Parenting

---

A 10-week, evidence-based programme designed as a 'first response' for families who want to learn more. Enables parents to think about sensitive and effective approaches to behaviour management.

Facilitators help parents to think about what is being communicated through the child's behaviour and their relationship with the child.

---

### **ACTIVITIES, DISCUSSION AND MULTI-MEDIA TO EXPLORE:**

Child & adolescent development

Making sense of feelings

Behaviour difficulties

Communicating with your child

Having fun together

Parenting styles

Sleep patterns

Anger & temper tantrums

How to recover when things go wrong

Family Rules, Negotiation and How Far We Have Come

---

#### **Target Group:**

Universal (if open to Early Help or Specialist Children's Services please refer to UYUYC only)

#### **Age Range:**

0-8 years

#### **Referral Pathway:**

Referral submitted to local Children's Centre or Health Visitor (depending on lead), self-referral or by practitioner

#### **Delivered By:**

Health Visiting and/or Early Help Workers Open Access

#### **Programme duration:**

10 weeks (weekly 2 hour sessions)

For more information, please contact:

[ShepwayEarlyHelp@kent.gov.uk](mailto:ShepwayEarlyHelp@kent.gov.uk)

