Outline of Solihull Approach Parenting Group:
‘Understanding your child’s behaviour’

Solihull Approach Parenting Group is designed for families with children aged 0-18 years. The groups are run in the following age ranges: approximately 0-4 years; 5-11 years; and 12-18 years. The group is delivered by 2 trained facilitators over 10 weeks with 2 extra sessions: introductory coffee morning (pre-group) and a reunion (post-group), making 12 sessions. The group is appropriate for parents with universal need in the general population up to some complex need (equivalent to Common Assessment Framework (CAF) Levels 1-3)

The Solihull Approach Parenting Group Facilitators’ resource pack explains in depth how to run the 10 week parenting group. The pack contains aims and objectives, activities, discussion topics, facilitators’ notes and homework for each session, as well as practical advice on subjects such as group size and venues.

One day training on how to deliver the ten-week ‘Understanding your child’s behaviour’ Parenting Group using the Solihull Approach model

**Previous training requirements:**

2 Day Foundation

At least 2 months experience of using Solihull Approach in practice

**Enables delegates to:**

Facilitate the ten-week ‘Understanding your child’s behaviour’ parenting group course

**Aims of the Solihull Approach parenting group:**

- To promote understanding of children's behaviour within context of developmental issues
- To promote child/parents reciprocity
- To increase confidence and self-esteem in parent and child
- To giving parents a strategy for repair when things go wrong
- To develop a framework for thinking about parent/child relationships, which can be developed into a lifelong skill
- To promote reflective, sensitive and effective parenting
**Session 1 - Introduction to the Solihull Approach Parenting Group**

**Aims and objectives:** To set the scene for the group by giving everyone a chance to get to know each other, to gain a sense of a shared experience, to set the tone for future sessions and to begin to experience the safety of a contained group.

**Session 2 - How are you and your child feeling?**

**Aims and objectives:** To focus on what children are feeling and how this is played out or communicated in their behaviour. In order to be able to consider their child’s feelings, parents need to first know how to identify and label how they themselves are feeling. This session relates to the concepts of containment and reciprocity.

**Session 3 - Tuning into your child’s developmental needs**

**Aims and objectives:** To focus on the ways parents can recognise and help their children through the various developmental stages, building on the concept of reciprocity. This strengthens their ability to tune into their child as a unique individual, which will facilitate behaviour management.

**Session 4 – Responding to your child’s feelings**

**Aims and objectives:** To build on the ideas from previous sessions about helping parents to understand where their child is coming from, developmentally and now emotionally. This can promote a reciprocal understanding and reading of cues, therefore facilitating behaviour management. Reciprocity is the key theme here.

**Session 5 – Different styles of parenting**

**Aims and objectives:** To explore the different ways in which people have experienced being parented and how this has affected their own behaviour as parents. This session is underpinned by containment, reciprocity and behaviour management as it looks at the many different ways parents bring up their children. It is particularly important to consider intergenerational parenting. This session often provokes strong emotional content so facilitators need to be aware of this and promote good time keeping as one way of helping everyone remain comfortable.
Session 6 - Parent-child partnership - having fun together

Aims and objectives: To explore the different ways in which people have experienced being parented and how this has affected their own behaviour as parents. This session is underpinned by containment, reciprocity and behaviour management as it looks at the many different ways parents bring up their children. It is particularly important to consider intergenerational parenting. This session often provokes strong emotional content so facilitators need to be aware of this and promote good time keeping as one way of helping everyone remain comfortable.

Session 7 - The rhythm of interaction and sleep

Aims and objectives: To focus on the Dance of Reciprocity and how it relates to other cyclical rhythms such as asleep-awake-asleep, full-hungry-full, and calm-angry-calm. The Dance of Reciprocity is a concept which relates to all communications and ways of interacting. This session will provide basic knowledge about the Dance of Reciprocity and will help parents see how it relates to everyday interactions with their child around sleeping, eating and many other behaviours. Although it may be easier to focus on sleep, this is only one expression of the reciprocity between parents and children. Anger, aggression, tantrums and moodiness are other symptoms of the same underlying problem and will be dealt with in next week’s session. One of the main goals of today’s session is for parents to see that their child’s behaviour is part of a pattern of communication which can be learned about, observed and understood.

Session 8 - Self-regulation and anger

Aims and objectives: To extend the previous session’s thinking about the Dance of Reciprocity and self-regulation. The quality of the reciprocal relationships between parents and children provides the foundation for self-regulation by the child. The previous session emphasised the role of reciprocity in sleep. The aim of this session is to illustrate the role of reciprocity in regulating anger.

Session 9 - Communication and attunement - how to recover when things go wrong

Aims and objectives: To use an understanding of reciprocity to look at how to recover when we get out of tune with each other. We will be looking at how communication both shapes and reflects the relationship between parents and children. Because our communication is seldom perfect and we are not always in tune with our children, we will consider how to make things better; it is not just when things go wrong that relationships are changed, but rather when there is no strategy for repairing the damage.

Session 10 - Celebration!

Aims and objectives: To draw the group to a close and offer a sense of containment and reciprocity - as well as celebration - by summarising what’s gone on in the life of the group.