

Barnardo's Children & Family Centre's in Gloucester City:

Bartongate Children and Family Centre, Sinope Street, Gloucester GL1 4AW. Tel: 01452 417593.

Finlay Children and Family Centre Tredworth Road, Gloucester GL4 6TL. Tel: 01452 530312.

Kaleidoscope Children and Family Centre, Sherbourne Street, Kingsholm, Gloucester GL1 3DN. Tel: 01452 520182.

The Lighthouse Children and Family Centre, Linden Road, Linden, Gloucester GL1 5JA. Tel: 01452 872290.

The Link Children and Family Centre, Matson Avenue, Matson, Gloucester GL4 6BE. Tel: 01452 560451.

The Oaks Children and Family Centre, Holmleigh Road, Tuffley, Gloucester GL4 0RN. Tel: 01452 526856.



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www.womensaid.org.uk

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH



**five to
thrive**

The things you do
every day that
help your child's
growing brain

Service Name: Gloucester City TFS Service
Manager: Alison Nicholas (CSM)



**Changing childhoods.
Changing lives.**

UNDERSTANDING YOUR CHILD



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Information leaflet for professionals

To book a place on the next
programme Visit:
www.glosfamiliesdirectory.org.uk
and select the icon "parent
workshops" then search the
programme title.

Where does it come from?

The Solihull Approach was first developed in Solihull in 1996 by joint working between Health Visitors and Psychotherapists.

The approach was initially designed for Health Visitors to work with families with children who were; feeding, sleeping, toileting and/or had behaviour difficulties. It has since been developed further and is now used by a wide range of professionals from different agencies to work with families.

The Solihull Approach Model provides professionals with a framework for thinking about children's behaviour that develops a practice to support effective and consistent approaches across agencies. Research studies showed that there was a very significant reduction in parents' anxiety when the model was used as intended.

What is it about?

The three main points that underpin the Solihull approach are; Containment, Reciprocity & Behaviour management

The Solihull Approach also gives the understanding of the importance of positive interactions between parents and their children and help parents to work with their child/ren's behaviour

Key Facts:

Open for parents of children aged 0-5 or 5-18 years – choose the most appropriate or complete both.

Aimed at families who are experiencing behavioural and emotional difficulties with their children.

10 week course, 2 hours per week for 9 weeks with a follow up session.

Certificate upon completion.

What does it involve?

Each programme is designed to run for 2 hours per week over 10 weeks, and sessions covered include:

- ♦ tuning in to your child
- ♦ exploring feelings
- ♦ parenting styles
- ♦ communication through behaviour
- ♦ what is meant by temper tantrums
- ♦ sleep patterns
- ♦ behavioural difficulties

The Solihull Approach is a reflective approach and the course facilitators encourage parents to reflect and discuss issues they are facing and support them to identify ways to overcome these difficulties.