

Parenting Support



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Parenthood can be extremely rewarding and enjoyable. It can also be demanding, frustrating and exhausting. Parents have the important role of raising the next generation, yet most people begin their careers as parents with little preparation, and learn through trial and error. The challenge for all parents is to raise healthy, well-adjusted children in a loving, predictable environment.

In Shropshire, we have adopted the Solihull Approach and rolled out a programme to support families and carers of children with the day-to-day life of parenting and understanding your child. The following website gives a parent /care an understanding of how our children come to behave and build behaviours from experiences. From babies to teenagers it gives you an understanding of brain development through childhood. It will provide you with information on how to relate and interact with your child throughout different periods of development.

The effectiveness and impact of the Solihull Approach has been the subject of research since 2001 when the first evaluation was carried out. As a consequence, research shows that anxiety levels about their children decreased significantly in parents who engaged with the approach and as a consequence the severity of problems also decreased. The Solihull Approach has a dedicated website with lots of information for parents and carers: <http://solihullapproachparenting.com/>

Please add the following [There is also a brief video explaining what the Solihull Approach is https://youtu.be/nyUGe090q7k](https://youtu.be/nyUGe090q7k)

Understanding Your Child groups

In Shropshire we have a programme of delivery of 10 week *Understanding Your Child* groups as well as 2 hour workshops. Our group delivery has been awarded the CANParent Quality Mark. The groups explore children's general development, how children's brains develop and change throughout their childhood including teenage years and why children can behave in certain ways. Parents and carers will be able to reflect on this and start to make changes whilst being supported within the group.

To find out more about these groups and workshops please visit the Family Information Directory and search for Understanding Your Child.

<http://search3.openobjects.com/kb5/shropshire/fid/home.page>

Online Courses

Shropshire Council has a multi user license for a variety of online course for parents and carers which enables all residents of Shropshire to access any of these courses for free.

Online courses are a great way to access support at a time and place which suits you and your family. The courses are all split into short modules, each around 20 minutes long and you can access the courses whenever you like. Your access does not expire. Why not try out the taster course Understanding your child's feelings!

For further Information on these free online courses visit

[inourplace | Solihull Approach – Shropshire and Telford & Wrekin | inourplace](#)

We are always interested in your views and feedback to develop and improve our service offer and would appreciate if could complete a short (less than 5 minutes) survey. The link

below will take you to an online evaluation. It is completely anonymous and none of your details will be accessible to us.

<https://forms.office.com/Pages/ResponsePage.aspx?id=ETDBti03i0O8gmfkx5Zuie4J9XLAj5lOitaxjzWvXUZUQTVMNUpOUEhKN04xN1pCSFJZQU0yWINBTS4u>

Unwanted behaviour

It is a long journey from being a helpless baby to becoming a relatively independent three or four year old, ready to go to playgroup or nursery. It can be an exciting journey of discovery – but it can also seem like a very bumpy ride for both parents and carers and their children. These leaflets will give parents and carers an idea why children show unwanted behaviour and suggest strategies to cope with these and work through them with their child.

<http://www.understandingchildhood.net/posts/tempers-and-tears-in-the-twos-and-threes/>

<http://www.understandingchildhood.net/posts/posterleaflet-hold-it-and-count-to-ten/>

Balancing the various demands parents have to cope with is not easy and all parents can come under pressure or stress from time to time.

This guide shares practical advice and tips for positive parenting techniques that work well for children - from babies to teenagers. These techniques encourage better behaviour and help parents find out what works for them and their child.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/cope-with-tantrums/>

Communication and Praise

Whether you are parenting a toddler or a teenager, good communication is the key to building self-esteem as well a mutual respect. Adults can teach children how to behave well by paying attention to good behaviour. When you are coping with lots of difficult behaviour, it is easy to forget all the good things your child does. This leaflet is designed to give you suggestions about how you can use praise to encourage good behaviour in your children.

<https://childdevelopmentinfo.com/how-to-be-a-parent/communication/>

Teenagers

Teenagers' behaviour can be baffling, stressful, hurtful and often worrying. But in most cases it doesn't mean that there is anything more serious going on than the natural process of becoming an adult. The brain goes through a period of development in the teenage years. This development or reorganisation of the brain can be responsible for some of the unwanted behaviours that we see in our teenagers, for example being disorganised and taking risks. This can be a challenging time for both teenagers and their families. **The following leaflets look at the development in the brain and explores why teenagers take risks and how parents and carers can support their children and families during this time.** **Delete the highlighted and replace with below**

Parents and carers can also access an *Understanding your teenager's brain* online course

[Online Learning \(heiapply.com\)](#)

And teenagers can access 2 courses, specifically designed for them

Understanding my brain [Online Learning \(heiapply.com\)](#)

Understanding my feelings [Online Learning \(heiapply.com\)](#)

These online courses can be a great way to start a conversation with your teenager.

Family life

Families come in all sorts of shapes and patterns. Usually it is not just Mum and Dad involved in the upbringing of their children but often a mix of people from different generations and with different views. It can be challenging to find common ground. However we know that it is most beneficial to a child's development and learning if all involved in the care of the child are giving the same consistent messages.

These leaflets will explore ways of working out issues within the family structure

<http://childdevelopmentinfo.com/family-living/forming-strong-parent-unit/>

<http://www.understandingchildhood.net/posts/grandparents-and-the-extended-family/>

<http://www.understandingchildhood.net/posts/divorce-and-separation-helping-children-and-parents-cope/>

Useful websites

Solihull Approach

The Solihull Approach is based on the original work of Hazel Douglas who has led teams of practitioners and parents to develop the Solihull Approach. The sound and well-researched ideas that underpin the Approach are embedded into Shropshire Council's parenting strategy and all services we provide to support parents and carers.

<http://www.solihullapproachparenting.com>

Parenting UK

Parenting UK is a national membership organisation for those working with parents. Our strength has always been our members at grass roots level communicating and sharing ideas, concerns and passions. We are now part of Family Lives.

www.parentinguk.org

Family Lives

Parentline offers help and advice to parents bringing up children and teenagers. Helpline **0808 800 2222**

www.familylives.org.uk

Parentchannel.tv is an online service designed to support and encourage parents and carers of children aged 0-19, with a collection of videos addressing day-to-day questions and concerns spanning wellbeing, behaviour and learning. Parentchannel.tv features a collection of short and engaging parenting support videos with links to existing services for further information, advice and support where needed.

<http://www.familylives.org.uk/how-we-can-help/parentchannel-tv/>

Think You Know

Thinkuknow is an education programme from the National Crime Agency's CEOP Command.

Since 2006, Thinkuknow has been keeping children and young people safe on-line by providing education about internet safety, including sexual exploitation.

<https://www.thinkuknow.co.uk/>

The Sleep Charity

(<https://www.thechildrenssleepcharity.org.uk/>) offers support and advice around sleep and bedtime routines.

