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Rationale

Since 2012, the Scottish Government has supported the work of the Psychology of Parenting Project (PoPP), run within NHS Education for Scotland (NES), to ensure that parents and families have the support they require to help promote their child's social, emotional and behavioural development.

PoPP utilises evidence-based parenting interventions for use by a multi-sector children's workforce, incorporating an implementation science framework.

The programme of work delivered through PoPP is strength based, trauma informed, focusing on building strong parent – child relationships, empowering families and supporting parents to parent in ways that promote resilience in their children. This helps to buffer the impact of adverse childhood experiences and will ultimately improve the mental health and wellbeing of very young children.

Much of the work undertaken through PoPP has involved the delivery of group-based parenting interventions. The COVID-19 crisis brought new ways of thinking about engaging with and supporting families and led to the Scottish Government facilitating NES to provide access to a universal parenting resource, Solihull Approach Online, as an additional support for parents through those periods of working remotely and beyond.

Access to the suite of Solihull Approach Online courses for parents, carers and teenagers continues to be made available on a pre-paid basis for all families and practitioners across Scotland.

For all enquiries please contact:

Psychology@nes.scot.nhs.uk

NHS Education for Scotland
Westport 102
West Port
Edinburgh, EH3 9DN

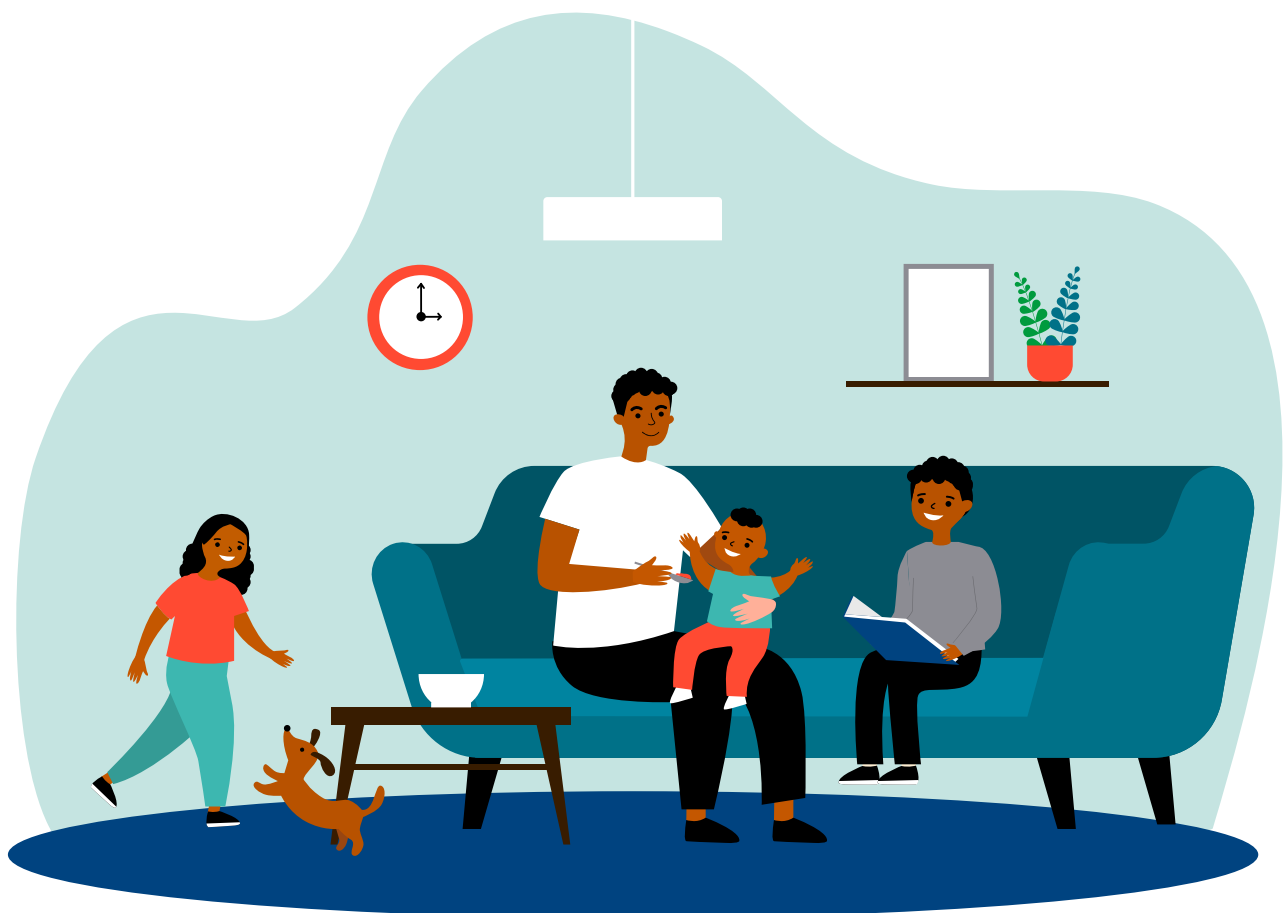


What is the Solihull Approach?

The Solihull Approach was developed by Health Visitors, Child Psychologists and Child Psychotherapists in 1996. It is embedded in child development and psychological theory.

The Solihull Approach brings together three core psychological constructs of containment, reciprocity and behaviour management with the aim of helping parents understand their child's behaviour in the context of their development and the parent-child relationship. It focuses on developing nurturing and supportive relationships between children and their carer by promoting reflective, sensitive and effective parenting. It aims to improve the parent-child relationship as well as the child's confidence, self-esteem and behaviour.

There are many Health Visitors, School Nurses and other primary care, education and third sector staff in Scotland trained in the Solihull Approach who evaluate it positively and report that it is well received by parents. It allows a consistency in the language used between professionals trained in the approach and parents.



What is the Solihull Approach Online?

The Solihull Approach Online courses are for all parents, carers and teenagers across Scotland. The courses are available in several languages and with an audio narration.

The courses are based on the principles of the Solihull Approach to provide information and knowledge about child development so as to help parents and carers increase their understanding of why children behave in the ways they do and build strong and healthy relationships with their child to maintain a happy, calm home. These core aims are relevant to all parents and carers in supporting the development of positive family relationships.

There are a range of courses covering the antenatal period to 19 years. The number of courses available has grown over time as Solihull Approach have developed new courses and new versions of existing courses e.g. new translations. More details about the courses currently available can be found here:

<https://solihullapproachparenting.com/online-courses-scotland>

The courses available include:

-
- Understanding pregnancy, labour, birth and your baby
-
- Understanding your baby
-
- Understanding your child (0–19 years)
-
- Understanding your teenager's brain
-
- Understanding your brain (for teenagers only!)
-
- Understanding your child with additional needs
-

Parents, teenagers and practitioners will have free lifetime access to the online courses for families providing they register within the period the prepaid offer is available.

Each of the courses are broken down into modules which participants can work through at their own pace. Modules have suggested activities to consolidate learning, with the intention that participants practice these activities before moving on to the next topic. The course provides a notebook to allow participants to record their reflections and progress and each module ends with a helpful summary of key learning. The course also incorporates a range of PDF handouts which families can download to refer to over time and which practitioners can use where relevant in their work with families.

Three key questions run through all of the courses to form a foundation for participants' learning. They are:

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- What is the developmental age and stage of the child?
-
- What changes have taken place for them or their environment recently?
-
- How well can your child communicate their needs?
-

In addition to imparting new information and consolidating existing knowledge, the flexibility of the resource also allows for it to be used as a tool for engaging individuals, families or small groups, paving the foundations for ongoing work.

Implementation framework

In order to support Community Planning Partnerships in utilising the nationwide access to Solihull Approach Online programmes, an implementation plan has been developed (see below).

It is based around a model of implementation developed by the National Implementation Research Network (NIRN) at the University of North Carolina (UNC) at Chapel Hill which details key implementation drivers, and is used within the wider work of PoPP. The model is structured around two implementation drivers: **Competency drivers** and **Organisation drivers**.



Competency drivers

Competency drivers include those aspects which contribute to the development and improvement of staff competencies, for example selection, training and coaching. These factors ensure that staff have the capacity and confidence to be able to implement, promote or disseminate a programme with fidelity.

Although Solihull Approach Online is a self-guided intervention and does not require that staff are trained to deliver or implement it, it will be beneficial to staff within local areas who work with, or come into contact with families in their daily work, to have an awareness and understanding of the Solihull Approach Online programmes that are available to all families (and practitioners) in Scotland.

To ensure staff knowledge and understanding of what the courses entail, practitioners are encouraged to access the programmes and work through them. This is also a valuable resource for their professional development, potentially enhancing their knowledge and understanding of parent-child relationships.

Having a good understanding of the content of the programmes offered can raise staff awareness of which families might benefit most from accessing the courses and facilitate directing those families to the resource. They can talk with families in an informed way and signpost those seeking support to the resources.

Learning from areas that have already successfully implemented the Solihull Approach Online into their communities has highlighted that training staff in the Solihull Approach Foundation Level training, is highly recommended. This has enabled staff to have a solid understanding of the principles and approaches adopted within the courses, allowing them to support families to make best use of the resources.

For the roll out of the Solihull Approach Online courses it may be beneficial for local areas to appoint an implementation team or local Champions. Having a named Champion or point of contact can be beneficial for guiding promotional strategies and lines of communication through the different levels of leadership.

The role of a Solihull Champion might include ensuring good, clear lines of communication regarding Solihull Approach Online through all partner agencies and ensuring senior management are kept informed about the promotion, engagement and reach of the intervention.

Organisational drivers

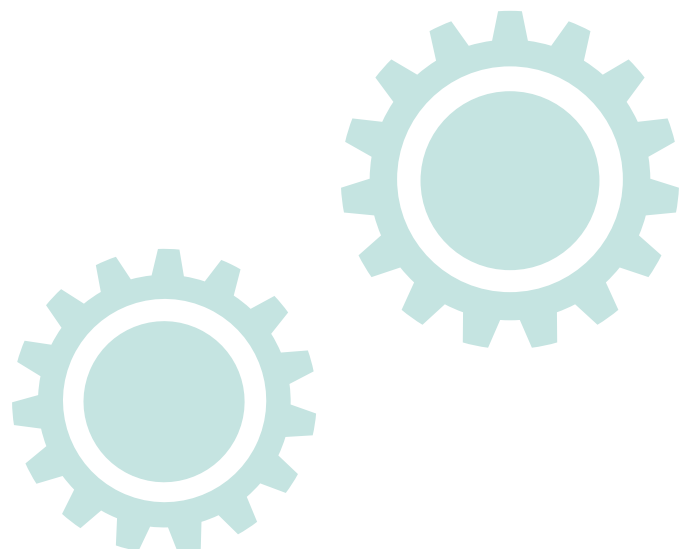
Organisational drivers encompass those factors which support an appropriate environment for a programme or initiative to be effectively implemented. These drivers ensure that the necessary operational support and resources are in place to allow staff to facilitate effective programme promotion and dissemination.

To ensure this national offer reaches as many families as possible it would be beneficial for leadership within local areas to take a strategic approach to communicating with their networks.

This might include:

-
- Identifying, and supporting with dedicated time, a Solihull Approach Champion/s
-
- Data-informed recommendations and decision making:
 - Liaison between the Solihull Approach Champion and senior management to relay outcomes from data reports and make recommendations for strategy based on the data
 - Regular updates to promotion and communication strategies shaped by the outcomes of data review
-

It is recommended that a coordinated approach to promotion is developed and that this is done through the joint working of the services within local areas. In areas of Scotland and the UK where its use is well established, the Solihull Approach Online has been embedded within local strategic priorities and plans, and specifically named as one of the parenting offers available within the communities.



Promotion

Clear lines of communication and a coordinated strategy of promotion will ensure that all parents, teenagers and staff are aware of the availability of this offer.

A locally focused approach will increase the likelihood that families in your area will benefit from the intervention. This could be done by developing a schedule of initial and on-going communications to organisations/ services and to the wider population.

National promotional materials have been developed for use across the country and services (see Appendix for examples). Up to date promotional materials can be downloaded here: <https://solihullapproachparenting.com/online-courses-scotland>

There are a number of methods of dissemination of these materials that could be considered:

-
- Promotion through digital means would be beneficial, keeping in mind platforms such as:
 - Emails for distribution to different services – one to highlight offer and another for them to forward to others to promote
 - GP waiting room screens / antenatal waiting rooms / clinic waiting rooms
 - Screen savers (Council and local NHS Boards) pop up banners
 - Media / Press
 - Social media
 - Websites / relevant blogs
-

- Identify existing channels of communication and relevant partners such as:
 - Adult networks
 - CAMHS
 - Early Intervention services
 - Public Health teams
 - Education
 - Educational Psychology services
 - Nurseries
 - Primary schools
 - Secondary schools
 - Children’s centres / Family Centres
 - School Nurses
 - Health Visitors
 - Midwives
 - Community Child Health including Paediatricians & Allied Health Professionals
 - Social Care
 - Third sector parenting support team(s)
 - GPs
 - Library services
 - Citizen’s Advice services
 - Job Centre Plus and DWP workers
-
- Promotion through regularly accessed services or paperwork should be considered. For example, promotional material with the access code could be placed in:
 - Midwife booking appointment letters
 - Immunisation letters from Child Health
 - School Admissions offer letter
-

Overcoming potential engagement barriers

Although the potential benefits of engaging with the Solihull Approach Online resources are known, for many families there can be a number of factors which can impact on this process.

Lack of awareness

Parents, teenagers and carers need to be aware of the resources available in order to benefit from them which is where successful local and national promotion strategies are so important.

Stigma

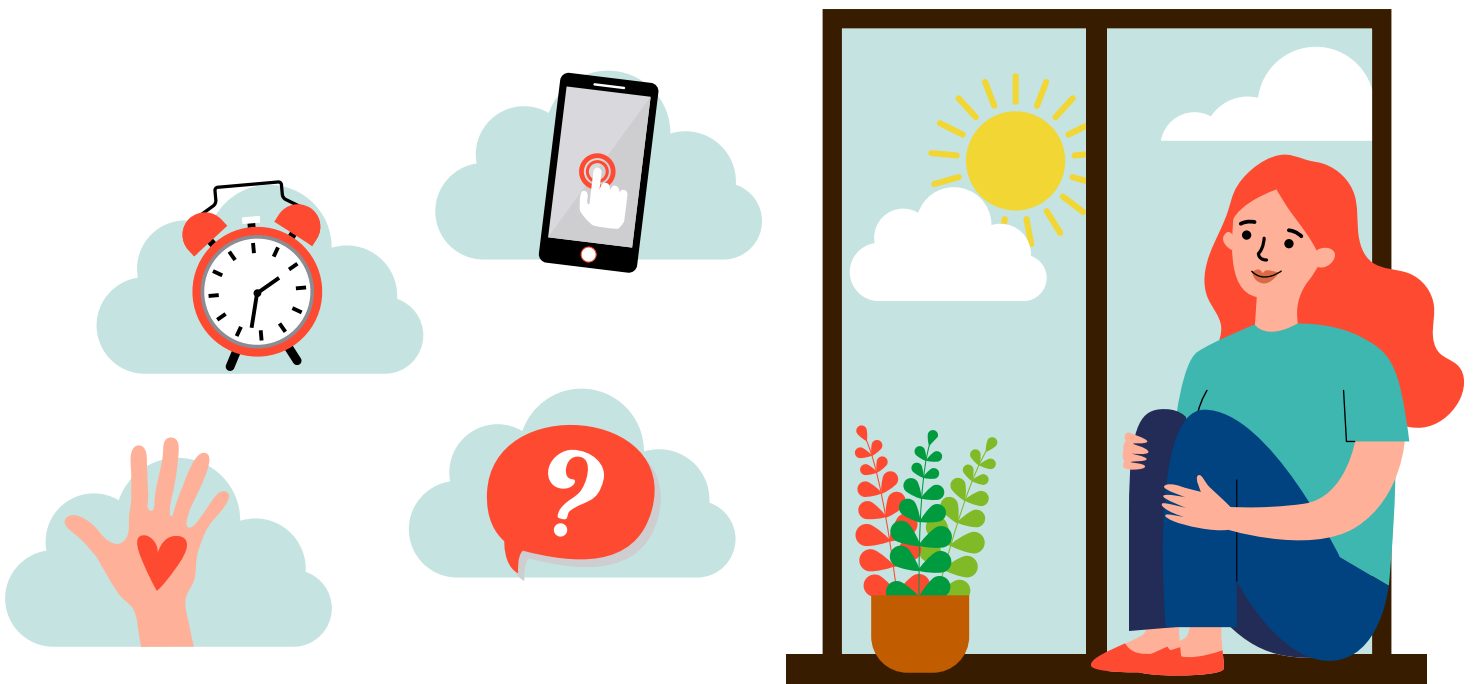
Accessing support for parenting can be associated with a sense of stigma or judgement for some families. This offer of Solihull Approach Online is a universal offer, relevant for all who have caring responsibilities or regular contact with children, which ensures that no individual or population feels targeted. The universal offer sends the message that all families want the best for their children and are deserving of high-quality resources to support their relationships to be as positive as possible.

Time

The thought of accessing a multi-module resource may be overwhelming for many overstretched parents and carers. The benefit of the Solihull Approach Online courses are that they are recommended to be completed in small, incremental stages, each module taking less than half an hour, with summaries, handouts and the reflective notebook to consolidate learning between online sessions. There is no time limit for engagement or completion, with registered participants having life-long access, so enabling them to dip in and out when time and motivation allow.

Technology

Access to and skills to navigate appropriate technology may be a significant barrier for some families. Local promotional materials could include a contact number for relevant services who can support participants in their registration process if necessary and potentially signpost to means of accessing the appropriate technology.



Appendix

Examples of recent Solihull promotional materials

UNDERSTANDING YOUR CHILD SOLIHULL APPROACH

Scottish Government
Riaghaltas na h-Alba
gov.scot

NHS Education for Scotland

NHS SCOTLAND

ONLINE COURSES FOR PARENTS, GRANDPARENTS, CARERS AND TEENS

Discover the Solihull Approach series → **Understanding...**

English more languages available powered by Google Translate

Enjoy a fresh new look on mobiles

- ...pregnancy, labour, birth and your baby
- ...your baby
- ...your child
- ...your child with additional needs
- ...your teenager's brain
- ...your feelings (for teenagers only!)
- ...your relationships

and much more!

optional voice-over where available

Do you live in Scotland?

1. Scan QR or visit www.inourplace.co.uk
2. Enter the Access Code*
3. Begin learning

*Sign in or registration required

Access Code: **TARTAN**

Locally funded
PREPAID



Online course for residents of Scotland 'Understanding pregnancy, labour, birth and your baby'

9 Modules

Available 24/7

Take any time. Any place.

This course explains how and why you are so important to this baby, whether you are the mother, father, partner, grandparent or birth partner.

Some of what this course covers:

- Getting to know your baby in the womb
- You, your baby, and the stages of labour
- Feeding your baby

Also available: for women couples.

Languages: Professionally translated into Modern Standard Arabic, Polish, Welsh and Urdu. Plus more using Google Translate widget.



FREE
using the
Access Code*
TARTAN



*Sign In or
Registration
required

www.inourplace.co.uk

For technical support, contact:
0121 296 4448 or solihull_approach@uhb.nhs.uk



Solihull Approach Online | Implementation Guide

This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on **0131 656 3200** or email **altformats@nes.scot.nhs.uk**.



NHS Education for Scotland
Westport 102
West Port
Edinburgh
EH3 9DN
www.nes.scot.nhs.uk

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