‘**Solihull Approach’ Online Parenting Guides Frequently Asked Questions**

1. **What’s the Solihull Approach?**

In essence, it provides a framework for understanding and supporting the development and maintenance of sensitive, attuned relationships between parents and their infants/children. Emotional attunement in turn enables infants/children to develop emotional and behavioural self-regulation skills for life, thereby increasing long-term resilience and mental health and wellbeing.

1. **How long has the Solihull Approach been around?**

It’s very well established. The Solihull Approach model was developed jointly by Solihull health visitors and psychotherapists in 1996**.**

1. **What’s the evidence for the Solihull Approach?**

It is a nationally recognised model, and is recommended within the Department of Health’s Healthy Child Programme. The Solihull Approach is an evidence-based programme, supported by numerous evaluations, 19 research publications and a random controlled trial (RCT). In terms of the online Solihull Approach guides, a study has recently been completed for the ‘Understanding Your Child’s Behaviour’ online course which showed positive results: 77% of study respondents who undertook the online course said their relationship (attunement) had strengthened with their infant/child as a result.

1. **What guides does the Solihull Approach offer?**

The Solihull Approach Programme began with three face to face guides for parents, which have been well evaluated. Over the last 3 years, these guides have been adapted into ‘Solihull Approach’ Online guides for Parents Frequently Asked Questions online guides.

The three online guides are:

• Understanding your Pregnancy, Labour, Birth and your Baby (9 modules)

• Understanding Your Baby (11 modules)

• Understanding Your Child (11 modules for parents of children aged 6 months to 18 years)

Understanding your teenager’s brain (5 modules)

1. **Is the Solihull Approach suitable for all parents?**

The Solihull Approach is a universal approach for all parents. It’s also suitable for grandparents. The ‘Understanding Your Pregnancy’ and ‘Understanding Your Child’ guides both have an automatic audio facility (this can be turn it off).This will also soon be available for the ‘Understanding Your Baby’ guide.

1. **How long do the courses take to complete?**

All four guides courses can be completed flexibly, at the parents own pace, to suit family life. Each module takes between 15-20 minutes to complete, but you can dip in and out of the guides and return to where you left off.

1. **Is there a cost to parents?**

No. The courses are FREE to all parents, grandparents and carers within Frimley ICS

1. **When will the guide be available?**

From April 2020.

1. **How do I access it?**
2. Go to [www.inourplace.co.uk](http://www.inourplace.co.uk) (using Google Chrome or Mozilla Firefox)
3. Apply the access code when prompted which is **‘PARENTING’ (or for Surrey it is ACORN).**
4. Create an account
5. Enter your postcode either your home postcode (for all residents), or your work postcode (for professionals). Travelling communities who do not have a postcode can enter the postcode where they are living or enter the word **Postcode**.
6. Enjoy the guide! On returning to the website and signing in, the user’s account will ‘remember’ that they have access to the guide and where they had got up to.
7. **How long will the guide be available for and who is funding it?**

The multi-user licence for this guide has been funded by Frimley Local Maternity System. We have purchased the licence for next 3 years (from April 2020). Once a resident has accessed the guide they will have on-going, non-expiring access to use it.

1. **Is it in any other languages?**

Yes: Some of the courses are offered in, for example: Urdu, Chinese, Polish, Bulgarian and Arabic.

1. **How can groups such as travellers or those in hostels etc access the programme?**

They can follow the instructions above but use the word **Postcode** to complete the postcode box.

1. **What should be the age of your child to access the guides?**

These guides are for everyone who has contact with a child from pregnancy, toddlers, primary school aged children, secondary and college aged children.

1. **Who are the guides aimed at?**

The guides are aimed at parents, parents to be, grandparents, foster carers, anyone who has a child they care for.

1. **Are the guides accessible?**

The webpage can be accessed on computers, phones or tablets. Parents can go to their library or Family Centre to access the guide. Family Centre can help parents go through the guide online.

1. **If parents don’t live within Frimley Integrated Care System can they access it?**

This licence is just for residents living in Frimley which includes Ascot, Bracknell, Farnham, Maidenhead, North East Hampshire, Slough, Windsor, Surrey and also for residents of South Buckinghamshire.

1. **Is it a replacement for existing services, such as face to face parenting programmes delivered across Frimley local maternity system?**

This isn’t a replacement for other guides and offers out there, it’s just another tool that could be helpful for parents and complements existing approaches in a number of areas.

1. **What about offline parenting guides and other ways that people can get parenting advice?**

Other parenting guides that exist in your area can still be accessed as usual.

1. **What about people who can’t access the internet?**

Usually parents can go to their library or Family Centre to access. Family Centres have public computers and can help parents go through the guides online. Unfortunately this won’t be available during the Covid 19 challenge.

1. **Do you use your postcode or the child’s postcode?**

It doesn’t matter as long as it is in the area

1. **Any restrictions on how many times a postcode can be put in?**

No

1. **Can it be translated for parents with learning difficulties?**

We don’t have the ability to amend the guide content, although within the guide there are text, audio and video elements.

1. **How will parents be aware of these guides?**

The guide will be promoted through postcards, posters in community settings, social media and digital advertising and PR activity.

1. **What if learners need technical support?**

This will be provided by the Solihull Approach [solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk) 0121 296 4448 Mon – Fri 9am – 5pm.

Any other queries, please contact Frimley Local Maternity System on: fhft.lmspmofph@nhs.net

We continue to support staff with professional development training. MSWs have MECC and VBA training planned for 12/12/2019.