

Understanding your child Online course for parents

Our enjoyable online course is for curious parents, for Dads who want to be the best Dads they can be, for Mums who want to be the best Mums they can be

“Really enjoyed this course!”

“I’ve found it very helpful and interesting”

“I liked finding out some of the reasons children behave as they do”

- The course can be done at a time and place to suit your family life
- It is 11 sessions long and each session takes about 20 minutes, with voice over for main screens
- Interactive activities, quizzes, video clips, practical handouts
- Downloadable Notebook
- Works on PCs, Macs, iPads and laptops

Costs just £39 and is accessed via www.solihullapproachparenting.com
Solihull Approach office: 0121 329 1910



Sample screens

Understanding your child Solihull Approach

What's different about the Solihull Approach?

As a parent, you already know a great deal about your child. What's different about the Solihull Approach is that it applies key messages from research to add to your understanding of your child. You will find more ways to think about what your child is telling you through their behaviour. You will also find more ways to think about your relationship with your child.

Whatever age your child is, this added understanding may help as you go through life, with all the unexpected situations that crop up as your child grows up.

The course begins by taking a look at how your child's brain develops and how this is linked to your relationship. It explains the concepts of containment and reciprocity and looks at how these are part of your relationship, which in turn is part of your child learning how to self-regulate or manage themselves. The course shows how this is the foundation for behaviours such as sleeping or being angry.

The course looks at your child's feelings, but starts with your feelings as a parent.

Click next to reflect on how being a parent makes you feel.

SESSION 1: HOW YOUR CHILD DEVELOPS ← BACK PAGE 7/28 NEXT →

Understanding your child Solihull Approach

A baby's brain: What it all means

Now click on the headings to find out what this all means for your child.

- Making connections*
- How this works*
- As the child grows*

Making connections CLOSE

Connections inside the brain are being made so the messages and learning, from how a baby is being cared for and what they hear, see, smell, feel and taste, can be stored for the future.

Just like any new learning this can take time. To make the connections through the experiences they receive the brain needs to shut off stimulation from the outside world so it can concentrate on this important task.

SESSION 1: HOW YOUR CHILD DEVELOPS ← BACK PAGE 14/28 NEXT →