

At Ambient House all our staff are skilled in the Solihull approach. It covers a vast range of parenting skills and styles, attachment theories, child development and your Childs' needs, playing, sleeping, anger management and much more. We would actively encourage every family that has a placement at Ambient House to complete this course.

## UNDERSTANDING YOUR CHILD



## SOLIHULL APPROACH

### Online Course for Parents

Understanding your child!

Online course for parents of children aged 6 months to 18 years. The first online course for parents to be awarded the Government's CANparent Quality Mark.

Developed by the Solihull Approach team; health professionals working together with parents and practitioners.

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. Over 90% of parents think that a parenting course would be useful.

- The course can be done at a time and place to support your placement.
- It is 11 modules long and each module takes about 20 minutes with voiceovers for the main text
- There are interactive activities, quizzes, video clips and practical handouts
- What parents have said: 'Really enjoyed this course' 'I've found it very helpful and interesting'

The modules cover:

- ✚ How your child develops
- ✚ Understanding how your child is feeling
- ✚ Tuning into what your child needs
- ✚ Responding to how your child is feeling
- ✚ Different styles of parenting
- ✚ Having fun together
- ✚ The rhythm of interaction
- ✚ Why is sleep important?
- ✚ Self-regulation and anger
- ✚ Communication and tuning in
- ✚ Looking back and looking forwards

<https://solihullapproachparenting.com>



