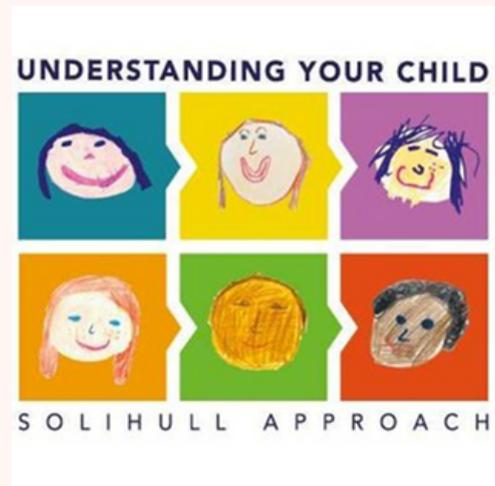


Solihull Approach Parenting



What is the Solihull Approach?

The Solihull Approach is a highly respected parenting programme that helps you build strong, healthy relationships with your child. It combines child development, psychoanalysis, and behaviour management to support emotional wellbeing — for both you and your child.

What will I learn?

- How children develop emotionally and socially
- How to manage difficult behaviour
- How to take care of yourself as a parent
- How to build resilience in your family

What Parents Say:

“The course is amazing. The ladies are fabulous and made me feel confident in parenting.”

“Very good course.”

“Absolutely amazing and empowering, ran by a great team!”

“I am very happy to have attended the sessions, I was anxious on the first day.”

“This course should be offered to all prospective parents.”

“It’s been a great journey, lots of learning and different approaches.”

Why Choose the Solihull Approach?

Understand your child’s behaviour

Learn what’s behind tantrums, clinginess, or defiance — and how to respond calmly and effectively.

Improve communication

Discover how to really listen and talk with your child in a way that builds trust and connection.

Strengthen your relationship

Build a secure, loving bond that supports your child’s emotional development.

Practical tools that work

Gain confidence in your parenting with strategies that are easy to use and backed by research.

Who is it for?

Whether you're a new parent, a carer, or raising teens, the Solihull Approach is for anyone who wants to better understand and support their child.

Courses are friendly, supportive, and run by trained professionals.

A Lead Professional can refer you to the next course.

BURY FAMILY HELP SERVICE

