

Where can I find further information?

Please contact the
**Children & Young People Information Service on
01454 868008**

or South Gloucestershire Council's website
www.southglos.gov.uk

or 1 Big Database
www.1bigdatabase.org.uk

or The Parenting Consultancy Service
01454 866051
parenting.courses@southglos.gov.uk

This information is also available in other languages, in large print, Braille or on audio tape. Please phone **01454 868008** if you need any of these, or any other help to access Council services.



Information Service

Solihull Parenting Programme

What is Solihull Group Programme?

The Solihull group is a 10 week parenting course for parents and carers of children age 0 – 3. The course runs regularly at venues around South Gloucestershire.



What is covered in the Solihull programme?

Over the 10 weeks of the Solihull course the following key topics are covered.

- Understanding of children's developmental stages
- Tuning in to children's different ways of communicating
- Thinking about different parenting styles and parent's communication
- Everyday routines around sleeping, eating etc
- Managing feelings
- Having fun together

How is the course run?

The Solihull programme is run by the Parenting Consultancy Service. Each course is delivered by 2 facilitators who are experienced in working with children and their parents and families.

Courses are run for groups of up to 12 parents and carers. Each session lasts for 2 hours with a short coffee break in the middle. Ideas are shared through a mixture of discussion and group activities. Each week group members will be given notes to take home and things to practise with their children.

What do I do if I'm interested?

You can contact the Parenting Consultancy Service directly by any of the methods on the back of the leaflet.

We will then invite you to the next information session about the parenting courses where you can find out more information, ask questions and decide if the course is right for you. We then visit you at home to find out how the course can work best for your goals and allocate you a place on the next available course.