

Parenting Support



The information contained within this pack was correct at the time of sharing. We update this on a regular basis. If you notice any links are broken or information has changed please contact ShropshireFIS@shropshire.gov.uk and we will update the information. Further Family Information Services and Resource Packs are available through the Early Help website www.shropshire.gov.uk/early-help.

Parenthood can be extremely rewarding and enjoyable. It can also be demanding, frustrating and exhausting. Parents have the important role of raising the next generation, yet most people begin their careers as parents with little preparation, and learn through trial and error. The challenge for all parents is to raise healthy, well-adjusted children in a loving, predictable environment.

In Shropshire we have adopted the Solihull Approach and rolled out a programme to support families and carers of children with the day to day life of parenting and understanding your child. The following website gives a parent /care an understanding of how our children come to behave and build behaviours from experiences. From babies to teenagers it gives you an understanding of brain development through childhood. It will provide you with information on how to relate and interact with your child throughout different periods of development.

The effectiveness and impact of the Solihull Approach has been the subject of research since 2001 when the first evaluation was carried out. As a consequence, research shows that anxiety levels about their children decreased significantly in parents who engaged with the approach and as a consequence the severity of problems also decreased. The Solihull Approach has a dedicated website with lots of information for parents and carers: <http://solihullapproachparenting.com/>

Understanding Your Child and Understanding Your Teen courses

In Shropshire we have a programme of delivery of 10 week *Understanding Your Child* and *Understanding Your Teen* courses as well as 2 hour workshops. Our course delivery has been awarded the CANParent Quality Mark. The courses explore children's general development, how children's brains develop and change throughout their childhood including teenage years and why children can behave in certain ways. Parents and carers will be able to reflect on this and start to make changes whilst being supported within the group.

To find out more about these courses and workshops please visit the Family Information Directory and search for Understanding Your Child or Teen.

<http://search3.openobjects.com/kb5/shropshire/fid/home.page>

To access an online parenting course visit;

<https://inourplace.co.uk/online-courses-general-info/>

Brain Development

Our children's brains develop and undergo changes at various stages in their lives which might impact on their behaviour. This leaflet might help parents and carers to think about the ways in which they can understand and respond to their baby, child or teenager in their family.

<http://solihullapproachparenting.com/wp-content/uploads/delightful-downloads/2016/06/Brain-Development-Updated.pdf>

Parents and carers can also attend a 2 hour workshop either Understanding Your Child or Understanding Your Teen where the focus is brain development and how this impacts on our children's behaviour. For more information about workshops please visit the Family Information Directory and search for Understanding Your Child or Teen.

<http://search3.openobjects.com/kb5/shropshire/fid/home.page>

Emotional and Developmental Milestones 0-5 years

Throughout their lives children will develop and reach both physical and emotional milestones at their own pace. The most important thing to remember about these milestones is that all children are different. This leaflet provides parents with a description of what most children can do at certain ages. A child may reach some milestones earlier and others later. Knowing about these milestones allows parents to understand appropriate behaviours at different ages and stages in their child's life, even if some of these might be embarrassing.

<http://solihullapproachparenting.com/wp-content/uploads/delightful-downloads/2016/06/milestones-web-leaflet-Updated.pdf>

The importance of play

All children are different, but every child is born with a natural desire to play and explore. Play is like a child's job – it is how they learn about and understand the world around them. This leaflet is designed to help parents and carers to learn more about the importance of play and provides ideas on how to play with their children

<http://solihullapproachparenting.com/wp-content/uploads/delightful-downloads/2016/06/Lets-Play-Updated.pdf>

Unwanted behaviour

It is a long journey from being a helpless baby to becoming a relatively independent three or four year old, ready to go to playgroup or nursery. It can be an exciting journey of discovery – but it can also seem like a very bumpy ride for both parents and carers and their children. These leaflets will give parents and carers an idea why children show unwanted behaviour and suggest strategies to cope with these and work through them with their child.

<http://www.understandingchildhood.net/posts/tempers-and-tears-in-the-twos-and-threes/>

<http://www.understandingchildhood.net/posts/posterleaflet-hold-it-and-count-to-ten/>

Balancing the various demands parents have to cope with is not easy and all parents can come under pressure or stress from time to time.

This guide shares practical advice and tips for positive parenting techniques that work well for children - from babies to teenagers. These techniques encourage better behaviour and help parents find out what works for them and their child.

<http://www.nspcc.org.uk/globalassets/documents/advice-and-info/encouraging-better-behaviour.pdf>

Communication and Praise

Whether you are parenting a toddler or a teenager, good communication is the key to building self-esteem as well a mutual respect. Adults can teach children how to behave well by paying attention to good behaviour. When you are coping with lots of difficult behaviour, it is easy to forget all the good things your child does. This leaflet is designed to give you suggestions about how you can use praise to encourage good behaviour in your children.

<https://childdevelopmentinfo.com/how-to-be-a-parent/communication/>

Teenagers

Teenagers' behaviour can be baffling, stressful, hurtful and often worrying. But in most cases it doesn't mean that there is anything more serious going on than the natural process of becoming an adult. The brain goes through a period of development in the teenage years. This development or reorganisation of the brain can be responsible for some of the unwanted behaviours that we see in our teenagers, for example being disorganised and taking risks. This can be a challenging time for both teenagers and their families. The following leaflets look at the development in the brain and explores why teenagers take risks and how parents and carers can support their children and families during this time.

<http://solihullapproachparenting.com/wp-content/uploads/delightful-downloads/2016/07/For-teenagers.pdf>

<http://solihullapproachparenting.com/wp-content/uploads/delightful-downloads/2016/08/teenagers-and-risk-taking-edited1.pdf>

Parents and carers might also be interested in attending an Understanding Your Teen workshop where the focus is brain development during the teenage years. For more information please visit the Family Information Directory and search for Understanding Your Teen.

<http://search3.openobjects.com/kb5/shropshire/fid/home.page>

Family life

Families come in all sorts of shapes and patterns. Usually it is not just Mum and Dad involved in the upbringing of their children but often a mix of people from different generations and with different views. It can be challenging to find common ground. However we know that it is most beneficial to a child's development and learning if all involved in the care of the child are giving the same consistent messages.

These leaflets will explore ways of working out issues within the family structure

<http://childdevelopmentinfo.com/family-living/forming-strong-parent-unit/>

<http://www.understandingchildhood.net/posts/grandparents-and-the-extended-family/>

<http://www.understandingchildhood.net/posts/divorce-and-separation-helping-children-and-parents-cope/>

Useful websites

Solihull Approach

The Solihull Approach is based on the original work of Hazel Douglas who has led teams of practitioners and parents to develop the Solihull Approach. The sound and well-researched ideas that underpin the Approach are embedded in every aspect of our Understanding Your Child and Understanding Your Teen courses and workshops.

<http://www.solihullapproachparenting.com>

Parenting UK

Parenting UK is a national membership organisation for those working with parents. Our strength has always been our members at grass roots level communicating and sharing ideas, concerns and passions. We are now part of Family Lives.

www.parentinguk.org

Family Lives

Parentline offers help and advice to parents bringing up children and teenagers. Helpline **0808 800 2222**

www.familylives.org.uk

Parentchannel.tv is an online service designed to support and encourage parents and carers of children aged 0-19, with a collection of videos addressing day-to-day questions and concerns spanning wellbeing, behaviour and learning. Parentchannel.tv features a collection of short and engaging parenting support videos with links to existing services for further information, advice and support where needed.

<http://www.familylives.org.uk/how-we-can-help/parentchannel-tv/>

Think You Know

Thinkuknow is an education programme from the National Crime Agency's CEOP Command.

Since 2006, Thinkuknow has been keeping children and young people safe on-line by providing education about internet safety, including sexual exploitation.

<https://www.thinkuknow.co.uk/>

