

Lockdown Parenting Team Offer

Please note that the following information relates only to the current lockdown period.
A revised Parenting Offer will be published in due course.

Please send all enquiries and requests for support to the Parenting Team via email to
bsmhft.parenting@nhs.net

The following list details the types of support that can be accessed from the Parenting Team during lockdown:

1. Twitter flyer - Themed flyers are published each week covering relevant parenting topics.

These are circulated to all relevant agencies in the borough via email & Solihull School Nurse Twitter site & facebook page

2. On-line Solihull Approach courses:

- Go to www.inourplace.co.uk
- Create an account using an email address and password
- Scroll down to choose a course
- Click on 'Already got a discount coupon?'
- Select the relevant course & insert access code – APPLEJACKS
 - Understanding Your Child
 - Understanding Your Teenager's Brain
 - Understanding Your Baby
 - Understanding Your Pregnancy
- Click 'Apply coupon'

3. One off telephone support – Suitable for families with children aged 0-18 years.

Telephone call from one of the Parenting Team member direct to parent/carer, follow up with email information as discussed, one further call if needed.

Information & resource used will be taken from both of the Solihull Parenting Models - EPEC 'Being a Parent' & SA 'Understanding Your Child'.

Support needed may include:

- | | |
|-----------------------|---------------------------------|
| • Behaviour | • Development needs |
| • Having fun together | • Toileting |
| • Communication | • Speech & Language development |
| • Mood swings | • Parenting |

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

Believe in
children
 Barnardo's



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES