Parenting Support - Togetherness - The Solihull Approach - Understanding your child with additional needs

Salford Family Hubs have a number of free online courses for parents and carers in Salford to help them support the young people in their families. These courses give information in jargon free, bite sized chunks to help parents and carers support children's physical, emotional and brain development. The courses are evidenced based and have been developed by multi-disciplinary teams including health, education and psychologists.

This specialist course for parents, relatives or friends of children with additional needs is designed to support you to better understand their world and how the important relationship you share can enable them to thrive. Building on the principles of nurturing emotional wellbeing shaped by the Solihull Approach, the course will help you to read and manage behaviour, develop your communication and support their development.

1. Being a parent
2. Our feelings
3. Understanding how your child is feeling
4. Reading behaviours
5. The challenge of reading behaviours
6. Tuning into what your child needs
7. Responding to how your child is feeling
8. Different styles of parenting
9. Having fun together
10. Rhythm of interaction
11. Why sleep is important
12. Self-regulation and anger
13. Communication and tuning in
14. Looking back and looking forward

Course benefits

- Have voiceovers on the main courses if you prefer to listen to the content
- Available in a number of languages as standalone courses or can be translated into over 100 languages using the in-built Google translate widget
- Available 24/7

For parents and carers of young people aged 0 - 19

Age Range(s)

- 0 - 25

Who to contact

Contact Name: Solihull Approach
Telephone: 0121 296 4448
Email: solihull.approach-parenting@heartofengland.nhs.uk
Website: Togetherness Solihull Approach Parenting website
Notes:

How to access the courses

- Go to the Togetherness website
- Use the access code: EARLYHELP in conjunction with a Salford postcode.
- Create a GDPR compliant account and start right now!

Where to go

Name: Online resource

Time / Date Details

When is it on: Monday to Sunday

Availability

Referral required: No

Other Details

Other notes: This programme is suitable to support the parents/carers of CYP with SEND as it provides evidence based information and strategies to support the parent child relationship.

Costs

Table of costs:

Description	Cost Type	Unit Price	Unit
	per year	0.00	

Details: No cost to access the sessions

Local Offer

Local Offer Age Bands: Parents/carers
Needs Level: Low

SEN Provision Type Universal