

The Solihull Approach

What is it?

The Solihull Approach is a highly practical way of working with families within a robust theoretical structure. It is an early intervention model and is also used in preventative and group work. The approach is a synthesis of theory from child psychotherapy, child development and social learning theory. The focus is upon Containment, Behaviour management and Reciprocity as key ways to work with the child and family.

The Solihull Approach has a major contribution to make to the ways in which practitioners in health, education, voluntary and social care can work with families to ensure that children have a good emotional start in life. It is used by a wide range of professionals working with families with children who are affected by emotional and behavioural difficulties. It is recommended as part of the Healthy Child Programme.

Professionals from across health, early years, social care and education have been trained in the Solihull Approach and use the approach to inform a shared language for working effectively with children and families.

How does it work?

The Solihull Approach works by improving understanding about children's behaviour and enabling adults to use containment, reciprocity and behaviour management to improve relationships and support children and families. For schools the Solihull Approach can provide a framework for teachers and support staff to work with pupils and families. Teachers find that it really helps in their understanding of children with emotional and behavioural difficulties and in the strategies and approaches they can use in class.

How can we find out more?

[Solihull Approach Parenting Programme](#)