



Parenting Courses Information

The Birmingham Family Hubs and Best Start for Life programme is pleased to offer face to face and online universal training options on a range of topics such as Antenatal, Postnatal, Baby, Child and Teen from the following parenting course suppliers.



Builds techniques to support parents during pregnancy, birth and baby as they develop, helps to educate parents in the techniques and skills required in promoting brain development and enabling the baby to reach their milestones. The programmes are underpinned by psychological principles and includes references from the Islamic faith. Programmes are open to all parents from any cultural background, faith or not.



EPEC groups, delivered by Barnardo's, are highly interactive, involving an engaging and creative blend of small and large group discussion, role play, demonstrations, information sharing and reflection. Parents practice and use new skills in everyday life to achieve specific goals.



Focuses on the couple (and parental) relationship and communication during the journey into parenthood. The programme focuses on the co-parenting relationship to assist parents to work together supportively to promote healthy family relationships.



Building strong, positive relationships with children while understanding their emotions and needs. The courses empower parents with practical tools and strategies for understanding and supporting their children's emotional development, fostering strong relationships, and promoting positive behaviour.

Family Foundations

Who it is for: Expecting parents/ carers around 20 weeks pregnant onwards.



Course content:

- Prepare yourself, and your relationship for the birth of your baby
- Manage stress and handle difficult situations parenthood can bring
- Improve communication with your partner and resolve conflict
- Learn new skills and techniques to strengthen your relationship
- Understand the important role each parent plays in their child's life.

Course length: 7- sessions - 4 weeks prenatal and 3 postnatal where p baby along.

Approachable Parenting

Who it is for: Pregnancy to 3 year old child



Course content:

- Concepts made easy to engage and retain parents from minority ethnic backgrounds
- Using appropriate references from the Islamic faith for a better understanding of psychological concepts
- Techniques to bond better with baby and promote your baby's brain development
- Nurtures secure attachment for optimal infant mental health, promoting healthy society, emotional and cognitive development
- Differentiate between baby blues and post-natal depression also addressing dads mental health
- Develop a routine and structure as your child grows
- Demonstrating techniques through role play e.g. initiating child led play and development
- How to develop a healthy relationship with your partner by establishing your family values
- Coaching skills to be able to manage different aspects of parenthood, exploring involvement of the wider family
- Developing parenting plans to promote a healthy and happy family
- Delivered in the community by qualified trainers (OCN teaching qualification) using appropriate culture and language interpretation

Course length: 8-week programme – 2 hour sessions

Referral for both courses: Follow [link](https://shorturl.at/ghBCK) <https://shorturl.at/ghBCK> or scan QR code to find out about course details and how to refer. Each course has a different referral process.



Solihull Approach – Antenatal



Who it is for: from conception up to birth

Course content:

- Helping you and your baby through pregnancy and birth
- Getting to know your baby in the womb
- You, your baby and the stages of labour
- Helping you and your baby through labour and birth
- Feeding your baby
- After your baby is born

Course length: 5 weeks. **Referral:** see bottom of page

Solihull Approach - Understanding your Child

Who it is for: Parents/ carers with toddler to teens.

Course content:

- Understanding Child Development
- Improve communication with your child
- Tuning into Feelings and Behaviour of your child
- Responding to your child's behaviour
- Building strong relationships with your child
- Parenting styles
- Sleep patterns

Course length: 10 sessions x 2 hours term time only. **Referral:** see bottom of page

Solihull Approach – Postnatal

Who it is for: For parents and carers with babies up to 9 months old.

Course content:

- Yours and your baby's feelings
- Understand your baby's brain
- Baby's communication & crying
- Developing healthy sleep patterns
- Feeding your baby
- Play and development
- Baby's childcare



Course length: 6 weeks

Referral for all courses: Follow [link](https://shorturl.at/ghBCK) <https://shorturl.at/ghBCK> or scan QR code to find out about course details and how to refer. Each course has a different referral process.

EPEC (Empowering parents, Empowering Communities)



BAP (Being a Parent)

Who it is for: Parents and carers with children aged 2-11 years

Course content:

- Attachment and parent-child relationships
- Understanding and managing children's feelings and parents' emotional regulation
- Parenting roles
- Expectations and culture
- Parent listening and communication
- Play and interaction skills
- Positive behaviour management and discipline strategies
- Managing parent and family stress



QR code and [link](https://shorturl.at/ckQV5) to book directly onto the EPEC course - <https://shorturl.at/ckQV5>

Course length: 8-week programme – 2 hour sessions

Parents who have completed this course can then apply for free training become a trained Parent Group Leader (PGL) and begin to deliver BAP to families in their community with the support from their local EPEC team.

Baby and Us

Who it is for: Parents and carers with children up to 1 years

Course content:

- Following your baby's cues
- How to feel more confident in your role as a parent
- Learning to communicate responsively with your baby
- Building a good attachment between you and your baby
- An opportunity to develop friendships with other parents
- Games, singing, physical touch and play to have fun with your baby
- Understanding your baby's temperament
- Thinking about your relationships within the family and how these affect you and your baby
- Support to understand your baby's crying/ sleeping / feeding, and the practicalities of your baby's routine

Course length: 8 - week programme – 2 hour sessions

Referral: Follow [link](https://shorturl.at/ghBCK) <https://shorturl.at/ghBCK> or scan QR code to find out about course details and how to refer. Each course has a different referral process.

