

For further information or to make a referral please contact:

PPDU Business Support

Debora Hemingway - 01780 764072

Carole Stanton:- 01522 680034

PPDU Facilitators

Kim Cooper - 01780 764 072

Caroline Palmer - 07825 552 173

Marion Head- 07920 839 624

Lisa Cornall - 07824 417 603

Maureen Davies - 07919 304 482

Email:

NKSKParenting@lincolnshire.gov.uk

Please contact local Children's Centres for a full programme of groups

Billingham 01526 869 248

Bourne 01778 395 895

Caythorpe 01400 279 285

Grantham Belton Lane 01522 550 901

Grantham Swingbridge 01476 590 034

Market Deeping 01778 382 574

Sleaford 01529 306 888

South Witham 01572 768 876

Stamford 01572 764 072

Waddington 01522 721 750

Washingborough 01522 792 995

Witham St Hugh's 01522 869 541

SOLIHULL



For Parents with children
0-18 years

Parents,
stay positive!

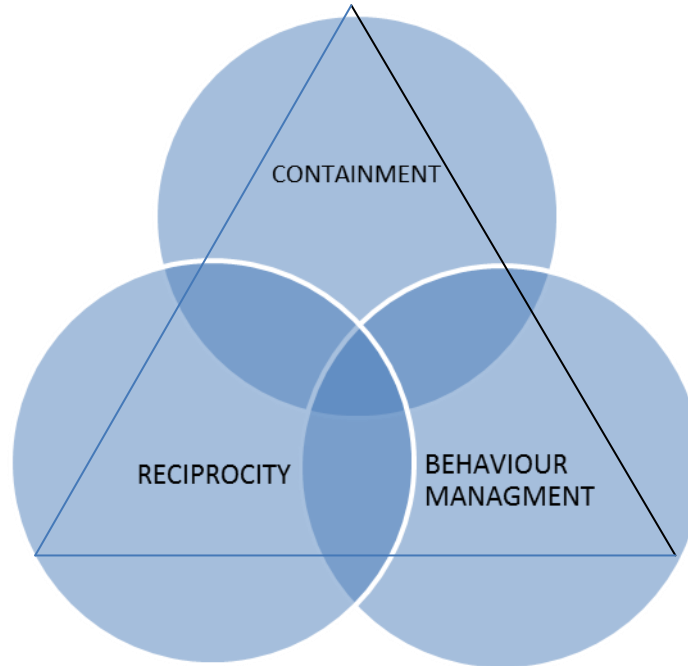
WHAT DOES THE SOLIHULL PROGRAMME INVOLVE?

The programme is designed to run over 8 weeks for 2 hours per week

The sessions covered include:

- How do you know what you and your child are feeling
- Tuning into your child's developmental needs
- Having fun together
- Self-regulation
- Sleep and anger
- Different styles of parenting
- How to recover when things go wrong

The Solihull Approach aims to Promote Health And Well Being



What are the aims of The Solihull Group?

The aim of the group is to help parents understand their children's behaviour.

Learn how the baby's brain develops

The value of good Parent-child Relationship

Understand children's changing Behaviour, such as play, safety, sleeping, toileting, weening and Feeding

Help parents support their children to develop well emotionally

Who is the Group For?

Parents and carers with children up to the age of 5 years old.