



Parenting Support and Advice

We can help with:

- Boundaries and managing difficult behaviour
- Potty training
- Support to develop speech and language skills
- Sleep issues
- Routines
- Baby brain development – Five to Thrive
- Developmental milestones
- Access to free on-line Parenting Course

The Parenting Team are trained and experienced facilitators for the Solihull Approach 'Understanding your Child' and the Empowering Parents, Empowering Communities 'Being a Parent' groups both of which run in the Solihull Borough. They have a wide range of experience of working with children and parents.

Please follow and contact the Parenting Team via email to bsmhft.parenting@nhs.net and one of the team will contact you either by email or telephone if preferred.



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES