



Keep Connected, Keep Supporting Each Other

As parents you are the most important influence on your child's development

However, sometimes parents aren't aware of the support that's available or how to access it
Support can be as simple as meeting up with other parents in the park, right through to understanding how to manage difficult behaviour

Parenting can be very isolating, especially in the current situation. You don't have to do it alone,
Parents working together equals power!

Solihull Parenting Team aim to make accessing support and friendships as easy as possible

How can you get involved?

- 'Like' our **Facebook** page - Solihull Parenting
- Follow the school nurses **Twitter** feed @SolSchNurses where we share information each week
- Access **FREE online parenting courses**: antenatal, postnatal and Understanding Your Child
- Ask for help, information or one to one support **via email request**
- Come on a **parenting group** in the Autumn, face to face or virtual, subject to government regulations at the time
- Coming soon!! **Park Buggy Walks** where you can meet other mums, make friends and share experiences. The walks will be supported by the Solihull Active Team. Watch this space for more details in the next few weeks!
- *Become a '**Parent Group Leader**'. Could you support other parents in your own community? Here in Solihull we recognise the enormous value of parent to parent support. We will train you, support you, and coach you to lead a Parenting Group in your own community

We also really want to know **"WHAT MATTERS TO YOU?"** - Let us know via email

For further support, please contact the team via bsmhft.parenting@nhs.net



*Autumn 2020 PGL training

Venue: Three Trees Community Centre (B37 7TP)
Day & time: Thursday, 9am to 2.30pm
Dates: 17/9/20 – 3/12/20
excluding half term week 29/10/20

To express your interest please contact the parenting team via Facebook or by email to bsmhft.parenting@nhs.net