

**Last reviewed:** November 2019

**Intervention website:** [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)

# GUIDEBOOK INTERVENTION INFORMATION SHEET

## The Solihull Approach (Understanding your Child's Behaviour)

Please note that in the 'Intervention summary' table below 'child age', 'level of need', and 'race and ethnicities' information is **as evaluated in studies**. Information in other fields describes the intervention as **offered/supported by the intervention provider**.

Intervention summary	
<b>Description</b>	The Solihull Approach is a parenting intervention for any family with a child aged between 0 and 18 years old. It is delivered by two child and family practitioners to groups of up to 12 parents over 10 weekly sessions. During these sessions, parents learn strategies that foster a deeper understanding of their child's behaviour and improve their parenting practices.
<b>Evidence rating</b>	2
<b>Cost rating</b>	1
<b>Child outcomes</b>	<ul style="list-style-type: none"><li>• Supporting children's mental health and wellbeing<ul style="list-style-type: none"><li>- Improved prosocial behaviour.</li></ul></li><li>• Preventing crime, violence and antisocial behaviour<ul style="list-style-type: none"><li>- Improved behaviour.</li></ul></li></ul>
<b>Child age</b> (population characteristic)	0 to 18 years old
<b>Level of need</b> (population characteristic)	Universal

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Intervention summary	
<b>Race and ethnicities</b> (population characteristic)	Not reported
<b>Type</b> (model characteristic)	Group
<b>Setting</b> (model characteristic)	<ul style="list-style-type: none"><li>• Early Years Setting</li><li>• Community setting</li><li>• Schools</li><li>• Out-patient settings.</li></ul>
<b>Workforce</b> (model characteristic)	Child and family practitioners, including health visitors, teachers, and parenting practitioners.
<b>UK available?</b>	Yes
<b>UK tested?</b>	Yes

## Model description

The Solihull Approach (Understanding Your Child's Behaviour) is a parenting intervention for any parent with a child aged 0 to 18 years old.

It is delivered by two practitioners to groups of up to 12 families through 10 weekly two-hour sessions.

The intervention begins with a home visit where parents identify personal goals and strategies to achieve them. These goals form the basis for ongoing reflection and progress monitoring throughout the intervention. If necessary, parents may be signposted to more intensive interventions if they are better suited to meet the parents' needs.

The Solihull Approach focuses on three key principles: containment (supporting parents in managing their emotional responses), reciprocity (enhancing the parent–child relationship through improved mutual understanding), and behaviour management (providing strategies for managing challenging behaviours effectively). Parents participate in activities that encourage reflection on their child's behaviour and their relationship with their child. They monitor their progress against the personal goals identified during the initial home visit. Throughout the

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intervention, parents work collaboratively to develop strategies that foster a deeper understanding of their child's behaviour and improve their parenting practices.

### Target population

<b>Age of child</b>	0 to 18 years old
<b>Target population</b>	All families with a child aged 0 to 18 years old.

Please note that the information in this section on target population is as **offered/supported by the intervention provider**.



## Theory of change

Why		Who		How		What
Science-based assumption	Science-based assumption	Science-based assumption	Intervention	Short-term outcomes	Medium-term outcomes	Long-term outcomes
<ul style="list-style-type: none"> <li>• Sensitive parenting supports all aspects of children's development</li> <li>• A lack of sensitive parenting and high levels of trauma in early childhood can place children's development at risk.</li> </ul>	<p>Parental sensitivity is supported by:</p> <ul style="list-style-type: none"> <li>• Emotional containment, involving parents' ability to understand their own emotions and the emotions of their child</li> <li>• Reciprocity involving parents' ability to engage in mutually beneficial interactions with their child</li> <li>• Behaviour management, refers to parents' ability to encourage positive child behaviours.</li> </ul>	<p>All parents can benefit from support aimed at increasing their understanding of emotional containment, reciprocity, and behaviour management.</p>	<p>Parents learn strategies for:</p> <ul style="list-style-type: none"> <li>• Containing their own emotions and understanding the emotions of their child</li> <li>• Engaging in positive reciprocal parent–child interactions</li> <li>• Encouraging positive child behaviour</li> <li>• Discouraging challenging child behaviour through age-appropriate discipline.</li> </ul>	<ul style="list-style-type: none"> <li>• Parents are more sensitive to their children's needs</li> <li>• Parents engage in more effective parenting strategies</li> <li>• The parent–child relationship improves.</li> </ul>	<ul style="list-style-type: none"> <li>• Children are better able to manage their emotions and behaviour</li> <li>• Children experience greater self-confidence and emotional wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li>• Children are at less risk of antisocial behaviour in later childhood</li> <li>• Children are more likely to engage positively with others</li> <li>• Children are engaged and happy at school.</li> </ul>



## Implementation requirements

<b>Who is eligible?</b>	The Solihull approach is for all families with a child between 0 and 18 years old.
<b>How is it delivered?</b>	The Solihull Approach is delivered in 10 sessions of two hours' duration each by two practitioners, to groups of up to 12 parents.
<b>What happens during the intervention?</b>	<ul style="list-style-type: none"> <li>• The Solihull Approach emphasises containment, reciprocity, and behaviour management.</li> <li>• The intervention begins with a home visit, where parents are expected to identify personal goals.</li> <li>• Once parents identify personal goals and the strategies that will help meet them, they reflect on their child's behaviour and their relationship with their child.</li> <li>• Parents then monitor their progress in relation to the goals originally identified at the first home visit.</li> <li>• Parents can be signposted into more intensive interventions if it is felt that their needs are not being met.</li> </ul>
<b>Who can deliver it?</b>	The practitioners who deliver this intervention include one child and family practitioner with a master's qualification or higher in a helping profession, as well as a family practitioner with less specified qualifications.
<b>What are the training requirements?</b>	The practitioners have 21 hours of intervention training. Booster training is recommended.
<b>How are practitioners supervised?</b>	It is recommended that practitioners are supervised by one host-agency supervisor, with 21 hours of intervention training.
<b>What are the systems for maintaining fidelity?</b>	<p>Intervention fidelity is maintained through the following processes:</p> <ul style="list-style-type: none"> <li>• Training manual</li> <li>• Other printed material</li> <li>• Other online material</li> <li>• Face-to-face training</li> <li>• Supervision</li> <li>• Accreditation or certification process</li> <li>• Fidelity training.</li> </ul>
<b>Is there a licensing requirement?</b>	No



## Implementation requirements (cont.)

<b>Contact details</b>	Email address: <a href="mailto:solihull.approach@uhb.nhs.uk">solihull.approach@uhb.nhs.uk</a>  Websites: <a href="http://www.solihullapproachparenting.com">www.solihullapproachparenting.com</a> <a href="http://www.inourplace.co.uk">www.inourplace.co.uk</a>  *Please note that this information may not be up to date. In this case, please visit the listed intervention website for up to date contact details.
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## Evidence summary

The Solihull Approach's most rigorous evidence comes from two studies conducted in the United Kingdom consistent with Foundations' Level 2 evidence strength criteria.

The first study observed pre–post intervention improvements in parents' reports of their children's behaviour and reductions in parental anxiety. There was no comparison group, however.

The second study compared parent reports of their children's behaviour to parents not receiving the intervention without random assignment. The study observed statistically significant improvements in Solihull's parents reports of their children's conduct and prosocial behaviour compared to families not receiving the interventions. Solihull parents were also more likely to report greater closeness with their child and reductions in symptoms of depression and stress.

The Solihull Approach (Understanding Your Child's Behaviour) has preliminary evidence of improving a child outcome, but we cannot be confident that the intervention caused the improvement.

## Search and review

	Number of studies
<b>Identified in search</b>	7
<b>Studies reviewed</b>	2
<b>Meeting the L2 threshold</b>	2
<b>Meeting the L3 threshold</b>	0
<b>Contributing to the L4 threshold</b>	0
<b>Ineligible</b>	5



## Individual study summary: Study 1

Study 1	
Study design	Pre–post study
Country	United Kingdom
Sample characteristics	83 parents with a child aged four months to 14 years of age.
Race, ethnicities, and nationalities	Not reported
Population risk factors	Not reported
Timing	Baseline, post-intervention
Child outcomes	Improved child behaviour (parent report)
Other outcomes	Reduced parent anxiety (parent report)
Study Rating	2
Citation	Bateson, K., Delaney, J. & Pybus, R. (2008) Meeting expectations: The pilot evaluation of the Solihull Approach Parenting Group. <i>Community Practitioner</i> . 81 (5), 28–31.

### Brief summary

#### Population characteristics

The sample consisted of 83 parents with a child aged between 4 months and 14 years. Most parents were mothers, and many were already known to some services. All participants had an interest in improving their relationship with their children.

#### Study design

This study used a pre–post study design.



## **Measurement**

Assessments were at baseline and post-intervention.

- **Parent report** measures included the Child Behaviour Checklist, the Strengths and Difficulties questionnaire, and the Becks Anxiety Inventory for Adults.

## **Study retention**

87% (N=72) of the sample were retained at post-test, although this was lower for some measures (76% retained for the CBCL and 45% on the SDQ).

## **Results**

### ***Data-analytic strategy***

Paired t-tests and Wilcoxon signed-rank tests were used to analyse the data, and only data from completed questionnaires were included.

### ***Findings***

The intervention led to significant improvements in child behaviour.

In terms of parental emotional health, parents in the intervention group showed significant reductions in stress and anxiety.

### ***Limitations***

The conclusions that can be drawn from this study are limited by the fact that it is a pre–post design with no comparison group.





## Study 1: Outcomes table

Outcome	Measure	Effect size	Statistical significance	Number of participants	Measurement time point
<b>Child outcomes</b>					
Child internalising and externalising behaviour (internalising/externalising problems, conduct problems, hyperactivity, emotional symptoms, peer relationship difficulties (parent report))	Child Behaviour Checklist (parent report)	Not reported	Yes (Participants over the age of four)	39	Post-intervention
Child behaviour – externalising behaviour (parent report)	Child Behaviour Checklist – externalising behaviour (parent report)	Not reported	Yes (Participants under the age of four only)	24	Post-intervention
Child behaviour – Conduct problems (parent report)	Strengths and Difficulties Questionnaire - Conduct subscale (parent report)	Not reported	Yes*	37	Post-intervention



Outcome	Measure	Effect size	Statistical significance	Number of participants	Measurement time point
Child behaviour (parent report)	Strengths and Difficulties Questionnaire – Total score (parent-report)	Not reported	Yes*	37	Post-intervention
<b>Parent outcomes</b>					
Parental anxiety (self-report)	Becks Anxiety Inventory for Adults (BAI) (parent-report)	Not reported	Yes	72	Post-intervention
* While this outcome is significant, the attrition is too high on this measure for the outcome to contribute to a Level 2 rating based on Foundations' evidence strength criteria.					

## Individual study summary: Study 2

<b>Study 2</b>	
<b>Study design</b>	QED
<b>Country</b>	United Kingdom
<b>Sample characteristics</b>	249 children and their families, with children aged 0 to 19 years, with most children aged under 11 years (79%)
<b>Race, ethnicities, and nationalities</b>	The ethnic composition of the sample was consistent with UK population estimates from the Office for National Statistics



<b>Study 2</b>	
<b>Population risk factors</b>	Not reported
<b>Timing</b>	<ul style="list-style-type: none"> <li>• Baseline</li> <li>• Post-intervention.</li> </ul>
<b>Child outcomes</b>	<ul style="list-style-type: none"> <li>• Improved prosocial behaviour (parent report)</li> <li>• Reduced conduct problems (parent report).</li> </ul>
<b>Other outcomes</b>	<ul style="list-style-type: none"> <li>• Reduced parental anxiety (parent self-report)</li> <li>• Reduced parental stress (parent self-report)</li> <li>• Improved closeness in the parent–child relationship (parent self-report)</li> <li>• Reduced conflict in the parent-child relationship (parent self-report).</li> </ul>
<b>Study Rating</b>	2
<b>Citation</b>	Douglas, H. & Johnson, R. (n.d.) A randomised controlled trial of the Solihull Approach ten-week group for parents: ‘Understanding your child’s behaviour’ (UYCB). <i>Children</i> . 5, 19.

## Brief summary

### Population characteristics

The sample consisted of a total of 249 parents and caregivers, recruited from Wrexham, Wales and Solihull, UK. Children were aged 0 to 19 years old, with most children aged under 11 years (79%). The majority of parents were female (92.4%).

### Study design

This study was a QED, with 223 participants in the Solihull Approach group and 26 in the wait-list comparison group. Families were assigned to groups based on the time they expressed interest in joining a Solihull Approach group throughout the year. If contact was made before week two of a group starting at the venue of their choice, parents were assigned to the experimental group and undertook the intervention. If contact was made after week two but more than 10 weeks before the next group was due to start, parents were assigned to the control group, with the view to attending an intervention group at the beginning of the following term.



## **Measurement**

Assessments took place pre- and post-intervention.

- **Parent report** measures included the Strengths and Difficulties Questionnaire, the Depression Anxiety Stress – Short Version, and the Child Parent Relationship Scale – Short Form.

## **Study retention**

74% (N=185) of the sample was retained at post-intervention for child measures, while 88% (N=219) was retained for parent measures.

## **Results**

### ***Data-analytic strategy***

One-way analysis of covariance (ANCOVA) controlling for pre-test scores was used to assess intervention effects. The approach to missing data was not reported.

### ***Findings***

The study found that the intervention led to significant improvements in prosocial behaviour and reductions in conduct problems for children in the intervention group compared to the control group.

In terms of parental emotional health, parents in the intervention group showed significant reductions in stress and anxiety. Additionally, the intervention strengthened the parent–child relationship, as parents reported increased closeness and reduced conflict with their child.

### ***Limitations***

The conclusions that can be drawn from this study are limited by the method of creating the groups being not truly random, baseline differences between the intervention and comparison group, potentially biasing effects of attrition, and a lack of intent-to-treat analysis.



## Study 2: Outcomes table

Outcome	Measure	Effect size	Statistical significance	Number of participants	Measurement time point
<b>Child outcomes</b>					
Child behaviour – Prosocial behaviour (parent report)	Strengths and Difficulties Questionnaire (SDQ) – prosocial subscale	Not reported	Yes	201	Post-intervention
Child behaviour – Conduct problems (parent report)	Strengths and Difficulties Questionnaire (SDQ) – Conduct problems subscale	Not reported	Yes	202	Post-intervention
Child behaviour - total difficulties & peer relationship problems (parent report)	Strengths and Difficulties Questionnaire (SDQ)	Not reported	No	201	Post-intervention
<b>Parent outcomes</b>					
Parental stress (parent self-report)	Depression Anxiety Stress scale – stress subscale	Not reported	Yes	242	Post-intervention
Parental anxiety (parent self-report)	Depression Anxiety Stress scale – Anxiety subscale	Not reported	Yes	242	Post-intervention



Outcome	Measure	Effect size	Statistical significance	Number of participants	Measurement time point
Parent–child relationship - closeness (parent report)	Child Parent Relationship Scale – closeness subscale	Not reported	Yes	242	Post-intervention
Parent–child relationship - conflict (parent report)	Child Parent Relationship Scale – conflict subscale	Not reported	Yes	242	Post-intervention

## Other studies

The following studies were identified for this intervention but did not count towards the intervention’s overall evidence rating. An intervention receives the same rating as its most robust study or studies.

Baladi, R., Johnson, R. & Law, G. (n.d.) *A pre, post and follow-up evaluation of the Understanding Your Child’s Behaviour (UYCB) group: A parenting group intervention based on the Solihull Approach.*

Bateson, K., Delaney, J. & Pybus, R. (2008) Meeting expectations: The pilot evaluation of the Solihull Approach Parenting Group. *Community Practitioner*. 81, 28–31.

Cabral, J. (2013) The value of evaluating parenting groups: A new researcher’s perspective on methods and results. *Community Practitioner*. 86, 30–33.

Smith, R. (2013) *An uncontrolled, pre, post and follow-up evaluation of the Understanding Your Child’s Behaviour (UYCB) group: A parenting group intervention based on the Solihull Approach* (Unpublished doctoral dissertation).

Wilson, H. & Johnson, R. (2012) Parents’ evaluation of ‘Understanding Your Child’s Behaviour’: A parenting group based on the Solihull Approach. *Community Practitioner*. 85, 29–33.

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**Note on provider involvement:** This provider has agreed to Foundations’ terms of reference (or the Early Intervention Foundation’s terms of reference), and the assessment has been conducted and published with the full cooperation of the intervention provider.