

SOLIHULL APPROACH



WHOLE SCHOOL APPROACH  
TO MENTAL HEALTH AND WELLBEING



Find out more at:

[www.solihullapproachparenting.com/schools](http://www.solihullapproachparenting.com/schools)

# TEACHERS MAKE A DIFFERENCE

You are making a difference  
**You matter!**  
We want to support you



## The Solihull Approach offers:

- A transformative way of thinking about **emotional regulation**, nurturing wellbeing and behaviour
- Professional training, short courses and bespoke offers for all school staff
- **Curriculum resources** to structure and help bring lessons on emotional development to life
- Specific online courses on **teenage brain development** for pupils and for parents
- Free, accessible online courses for every parent\*
- Online course for parents of children with additional needs

*'[The Solihull Approach] has changed my views of behaviour. When I see what I might have considered as ADHD, I now look and think why they are behaving this way. I try to be more understanding.'*

*'I have been involved with young people for over 30 years and it changed the way that I engage not just with young people but colleagues and family.'*



Post-pandemic, the number of **children needing professional mental health support** has increased by more than 50%

**1.49M** pupils with SEN in 2022 following an increase over the past five years.



Follow us for up-to-date information about training, resources and helpful advice:



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**WELCOME**

