

We hope you are all well & safe!

Despite lockdown, there is still plenty of support & guidance available for Solihull parents and carers.

We hope that parenting groups will be able to recommence in the autumn and to ensure we are meeting your needs', we have launched a couple of Survey Monkey polls detailed to the right, and would be very grateful to hear your views.

Have a great summer break!

Solihull parenting team  
[bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net)

#### SURVEY MONKEY

We are very interested to hear your views:

**General parenting:**

<https://www.surveymonkey.co.uk/r/HZH285N>

**Parents of children with SEND:**

<https://www.surveymonkey.co.uk/r/Y653XVH>

#### CHAT HEALTH

Has been launched by the Health Visiting team in the borough, and is available to all parents and carers of children aged 0-5.

The service provides the opportunity to contact a Health Visitor via text message.

Those using the service will be able to get advice and support on a range of issues such as feeding, sleep, emotional health, development or general parenting queries by texting: **07507 332 563**



#### SUMMER ACTIVITIES

The school summer holidays can be a real challenge, continuing to keep children both entertained and active. With this in mind, Solihull Family Information Service has compiled details of:

- local attractions/venues that have now re-opened to visitors (in line with government guidance)
- family-friendly activities that we hope children and their parents/carers can enjoy at home
- Ofsted registered holiday schemes for parents looking for childcare during this time

Full details can be found via  
[www.solihull.org.uk/localoffer/summer-activities/](http://www.solihull.org.uk/localoffer/summer-activities/)

#### SOLIHULL APPROACH ONLINE COURSES

The Solihull parenting courses remain **FREE** for all Solihull parents and carers:

Journey to Parenthood

Understanding Your Baby

Understanding Your Child

Understanding Your Teenager's Brain

Log onto [www.inourplace.co.uk](http://www.inourplace.co.uk) and use the code 'APPLEJACKS'



Check out the weekly parenting tweets via the school nurse twitter feed: @SolSchNurses

For further information about the parenting support available in Solihull, please contact the Parenting Team via email to [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net)