

Appendix 3

Glossary of evidence-based approaches

- **PEEP (Peers Early Education Programme) Home Learning Programme.**
A parenting programme that helps parents and carers to improve their children's life chances, by making the most of everyday learning opportunities - listening, talking, playing, singing, and sharing books and stories together.
- **Attachment & Bonding Programme**
The attachment bond is the emotional connection formed by wordless communication between an infant and their parent or primary carer. A secure attachment bond ensures that a child will feel secure, understood, and calm enough to provide the best foundation for life. This programme helps parents and carers to develop a secure attachment bond with a child.
- **Solution Focused Brief Intervention Therapy**
Solution Focused Brief Intervention Therapy is a short-term goal-focused evidence-based therapeutic approach, which incorporates positive psychology principles and practices, and which helps families change by constructing solutions rather than focusing on problems.
- **Perinatal Mental Health Programme**
Perinatal mental health (PMH) problems are those which occur during pregnancy or in the first year following the birth of a child. Perinatal mental illness affects up to 27% of new and expectant mums and covers a wide range of conditions.
If left untreated, mental health issues can have significant and long-lasting effects on the woman, the child, and the wider family. The Perinatal Mental Health Programme provides care and treatment for women with complex mental health needs and support the developing relationship between parent and baby. They also offer women with mental health needs advice for planning a pregnancy.
- **Preparation for Parenthood Programme**
Preparation for Parenthood is an antenatal course developed by Kirklees Public Health Team in 2015, in partnership with Locala and local maternity services. This six-session course aims to prepare parents for both the birth of their baby and for parenthood. One of the key objectives is to provide a platform for peer support and social support.
- **Solihull Approach**
The Solihull Approach supports mental health and wellbeing in parents, children, schools, older adults, and high stress workplaces through an evidence-based model. The Solihull Approach model combines three theoretical concepts, containment (psychoanalytic theory), reciprocity (child development) and behaviour management (behaviourism). It provides a framework for thinking for a wide range of professionals working with families with babies, children, and young people.