

SWFS Parenting Course



South West Family Services

Our 12-week Soho Approach **Parenting Course** is delivered either 1-2-1 or in small groups across Devon, Cornwall & Somerset will provide a nurturing, practical, and non-judgemental space for parents to explore their parenting, strengthens relationships and help parents feel more confident at home. Parents are supported to make small, manageable changes that lead to long-term, meaningful improvements in family life. There is no test or exam, no pass or fail.

Our Partnerships & The Details

We partner with local authorities to deliver the course using the well-known Solihull Approach. We can also accept referrals from private paying clients. It takes 12 weeks. The course is 'in-person' not online.

What Parents Will Gain

1. A Stronger Connection With Children

Parents learn how to build warm, trusting relationships through positive attention, play, and clear communication.

2. Practical Tools That Work in Real Family Life

Parents explore the reasons behind behaviour and learn new ways to respond that reduce stress, prevent conflict, and create calmer daily routines.

3. Understanding Emotions—Parents & Child

Parents develop confidence in recognising and responding to the feelings that sit behind behaviour. This includes supporting children through big emotions, strengthening resilience, and building emotional literacy within the family.

4. A Confidence Boost in Parenting

The course values parents' strengths and lived experiences. It offers reassurance, guidance, and space to reflect—helping parents feel more confident and better equipped to handle everyday challenges.

5. A Supportive Community Around Families

Each session provides a warm, respectful space where everyone's voice is heard. Many families say that this sense of community becomes one of the most powerful and encouraging parts of the course.

Costs – Package cost of £1850 inclusive. Costs can sometimes be subsidised – please contact the office to discuss.

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