

Mellow Growing Together (MGT) Parenting Programme Logic Model

Purpose/Goal: To strengthen early parent-child relationships while improving parental wellbeing, so that every baby and toddler experiences a secure, nurturing start in life and parents feel confident, supported, and resilient in their caregiving.

INPUTS:

MGT practitioners' manuals/resources

Theoretical framework grounded in attachment and social learning theory

Trauma-sensitive based group model

Structured parent-child interaction sessions

IT equipment i.e. laptop/tablet and monitor

Safe, welcoming programme space

Food, transport, and childcare support

Evaluation tools aligned with the Mellow Parenting Framework

Implementation policies, procedures and guidelines

MELLOW ACTIVITIES:

Recruitment of practitioners

2-day training of practitioners

Training evaluation

Reflective Consultation & Accreditation

Certificates

PRACTITIONER ACTIVITIES:

Recruitment of parents/caregivers

Preprogramme family strengths are identified

Pre-Evaluation

8-sessions, 2-hour group-based sessions or 12-sessions, 1-hour 1 to 1 sessions

Post-evaluation, Reflective Consultation & Accreditation

Mellow Parenting ongoing learning is accessed.

STRATEGIES:

Strength-based support

Emotional containment

Reflective Practice

Facilitated peer support

Strategies to reduce anxiety and depression

Strength-based video feedback

PROGRAMME STRUCTURE:

Eight weekly 2-hour group sessions

Therapeutic discussions on stress, relationships, confidence, and wellbeing.

Psychoeducation on milestones, routines, boundaries, and co-regulation.

Supported parent-child activities

Individualised parent-child video feedback

OUTPUTS:

Increased capacity for practitioners to deliver Mellow

Improved mental health and well-being of parents (WHO-5 & DASS-21),

Improved parenting confidence (KPCS),

Improved parent-child relationship (Tunnel)

Improved parent-child attachment.

Improved parental knowledge about child health and behaviour,

Improved social emotional wellbeing of child (ASQ-SE)

Promote early learning activities that are age and stage-appropriate.

OUTCOMES:

Short- Medium term:

Increased ability of parents to provide responsive care to babies

Improved responsive parenting practices

Improved child cognitive language and social-emotional development

Long term:

Improves parental wellbeing, reflective capacity, and attuned interaction.

Strengthens attachment, emotional regulation, and behavioural consistency.

Leads to healthier child development, improved family resilience, and long-term positive outcomes.

Assumptions:

1. All resources for effective programme delivery are available (Funding, Human resources, Training and Supervision)
2. There are sufficient services with trained practitioners that provide support for meeting the complex needs of children and families.