

# Mellow Ability Parenting Programme Logic Model



**Purpose/Goal:** To strengthen parent-child relationships in families of children with ASN by improving wellbeing, reflection, confidence, and emotional resilience.

**INPUTS:**

- Mellow Ability practitioner manuals/resources
- Theoretical framework grounded in attachment and social learning theory
- ACT & grief/loss theories
- Sensory processing & interaction models
- Trauma sensitive & responsive based group model
- Structured parent/caregiver -child interaction sessions
- IT equipment i.e. laptop/tablet and monitor
- Safe, welcoming programme space
- Food, transport, and timing flexibility
- Evaluation tools aligned with the Mellow Parenting Framework
- Implementation policies, procedures and guidelines

**MELLOW ACTIVITIES:**

- Training Coordination
- Deliver 3-day training to practitioners
- Training evaluation
- Certificates
- Reflective Consultation & Accreditation support

**PRACTITIONER ACTIVITIES:**

- Recruitment of parents/caregivers
- Pre-programme visits and relationship-building
- Pre-programme evaluation and baseline measures
- Delivery of structured group-based sessions
- Facilitation of therapeutic discussions and peer support
- Supported parent-child interaction and play
- Post-programme evaluation and review

**STRATEGIES:**

- Strength-based support
- Emotional containment & Facilitated peer support
- Reflective Practice
- Strategies to reduce anxiety and depression
- Strength based video feedback
- Adaptation to children’s developmental and sensory needs

**PROGRAMME STRUCTURE:**

- 14-sessions, 5-6-hour group-based sessions
- Therapeutic discussions on stress, relationships, confidence, and well-being
- Psychoeducation on child development in the context of disability, including physical, social, emotional, sensory, and communication development
- Support with routines, warm boundaries, and co-regulation, tailored to children’s individual abilities and additional support needs
- Individualised parent/caregiver-child video feedback
- Supported parent-child activities tailored to individual abilities

**OUTPUTS:**

- Increased capacity for practitioners to deliver
- Parents/caregivers attend at least 75% of sessions
- Have a Go Activities completed by parent/caregivers
- Reduced isolation and increased peer connection
- Increased opportunities for the parent/caregiver to engage positively with child tailored to individual abilities
- increased opportunities for parents/caregivers practicing new communication strategies with child tailored to individual abilities
- Improved parent/caregiver child relationship (Tunnel)
- Improved parent/caregiver wellbeing (WHO-5)
- Improved caregiving experience (AC-QoL)
- Improved Parenting Confidence (TOPSE-LD)

**OUTCOMES:**

**Short- Medium term:**

- Improved mental health and wellbeing of the parent/carer
- Increased parent/caregiver confidence and self-belief.
- Reduced feelings of isolation among parents/caregivers.
- Improved understanding of child phase of development.
- Strengthened parent/caregiver relationship & communication skills with their child.
- Greater awareness of personal hotspots and reflective capacity.

**Long term**

- Improves parental wellbeing, reflective capacity, and attuned interaction.
- Stronger family relationships and increased resilience.
- Reduced reliance on crisis or statutory services
- Improved coordination across health, disability, and family support services
- More equitable access to effective early intervention for disabled children and their families

**Assumptions:**

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