

# Mellow Ability Parenting Programme Logic Model



**Purpose/Goal:** To support expectant parents, especially those with additional social care needs, to reduce antenatal stress, improve wellbeing, and begin forming a positive, nurturing bond with their baby before birth.

## 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:

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.