

JULY 2025



# Mellow Parenting welcomes the government investment in Family Hubs

We at Mellow Parenting warmly welcome the Government's renewed commitment to family support services, as outlined in the recent announcement to expand Best Start for Life Family Hubs across England, reaching an additional 500,000 children by 2028. This is a vital and timely investment in the early years - those critical first 1,001 days that shape a child's future and a family's wellbeing.

Mellow Parenting programmes are a particularly strong fit for the Best Start for Life Family Hubs initiative because both share aligned goals around early intervention, supporting vulnerable families, and improving long-term outcomes for children and parents. This is why Mellow Parenting programmes are already being delivered successfully in many Family Hubs and early help settings.

SEE A BREAKDOWN OF WHY WE  
COMPLEMENT EACH OTHER SO WELL



# Shared Focus on the Critical Early Years

Best Start for Life prioritises support from conception to age 2 (the “1,001 critical days”).

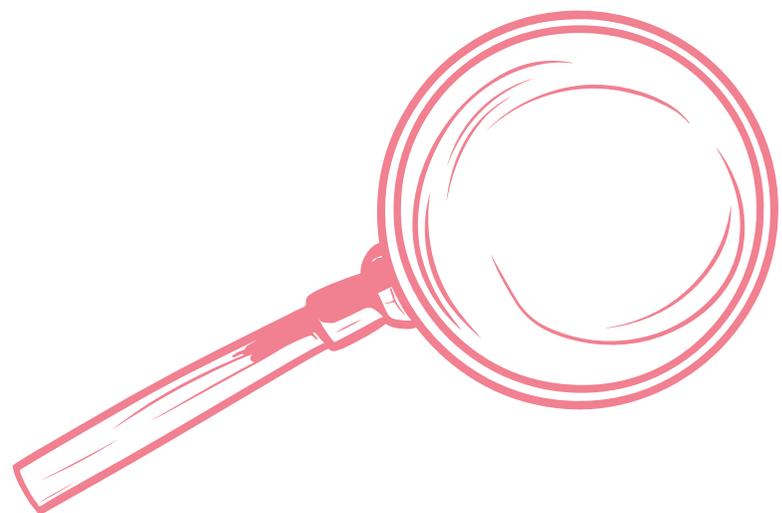
Mellow Parenting specialises in early years interventions, particularly from birth to age 5, offering tailored support to parents during this vital period of child development.



# Evidence-Based & Trauma-Informed Approach

Family Hubs are meant to deliver evidence-based support to families, especially those experiencing adversity.

Mellow Parenting is research-backed, trauma-informed, and specifically designed to work with in a relational way with families, including those affected by neglect, parental mental health issues, or attachment difficulties.



# Whole-Family & Relationship-Centred

Family Hubs encourage whole-family approaches to services.

Mellow Parenting programmes work intensively with both parents and children, strengthening the parent-child bond through guided interaction and therapeutic reflection.



## Accessibility & Inclusivity

Family Hubs aim to reduce barriers to support and offer services in a non-stigmatising, community-based way.

Mellow Parenting groups are non-judgmental and inclusive, creating a safe space where parents can reflect, learn, and connect with others in similar situations.



## Integrated with Multi-Agency Teams

Family Hubs bring together health, education, early help, and social care services.

Mellow Parenting fits seamlessly into multi-agency working, often delivered by trained Practitioners across health, early years, and social care backgrounds, promoting consistency across services.



# Proven Impact on Long-Term Outcomes

The Family Hubs initiative aims to improve school readiness, mental health, and social mobility.

Evaluations of Mellow Parenting have shown positive outcomes, including:

- Improved parenting confidence and mental health.
- Reduced behavioural problems in children.
- Strengthened attachment and bonding.



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# Real Change, Real Stories

Parents who attend Mellow groups often describe them as transformative:

“I finally felt heard. Mellow helped me see my child—and myself—in a new way.”

– Parent, Mellow Mums Group

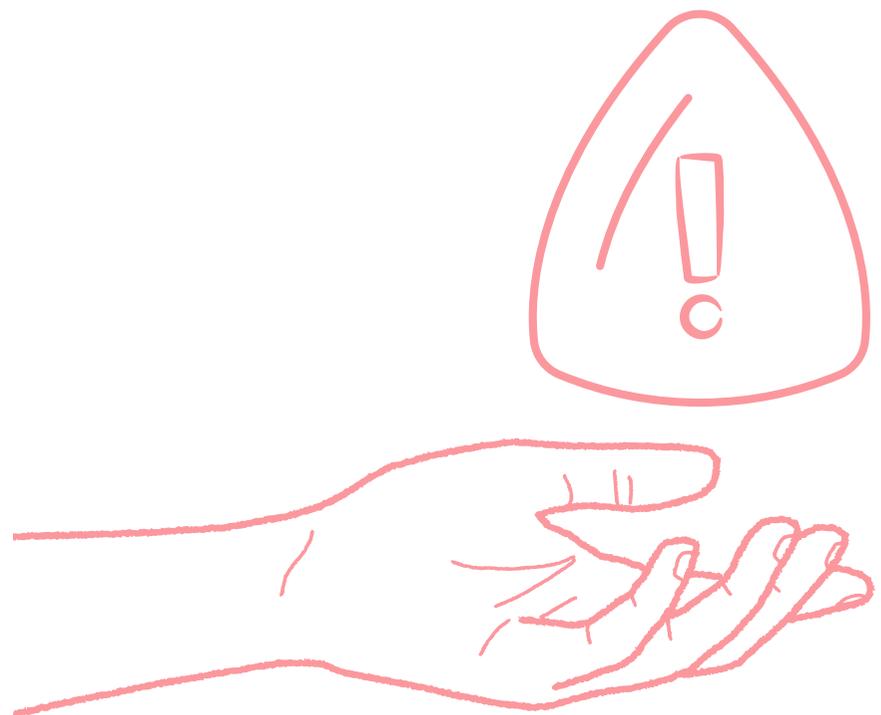
“I went in feeling like I was failing. I came out stronger, calmer, and connected.”

– Parent, Mellow Dads Group



# Supports Early Help and Prevention Strategy

Mellow programmes reduce the need for higher-tier interventions by addressing concerns before crisis point, aligning with the preventative ethos of Family Hubs.



# Ready to Contribute

We are ready and eager to support this national mission by:

- Training Practitioners to deliver Mellow programmes within new Family Hubs.
- Offering bespoke support packages for areas scaling up early years provision.
- Continuing to contribute evidence and insight on what works for vulnerable families.



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## In Summary

Mellow Parenting programmes are a natural fit for the Best Start for Life Family Hubs initiative because they provide trusted, holistic, early years parenting support in a way that is relational, inclusive, and outcomes driven.

They help ensure that every child has the best start in life, particularly those in families facing disadvantage or adversity.

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