



PARENTS WITH LDD - ANTENATAL
TILL 5 YEARS



Mellow Futures has been developed with input from parents who have learning differences or difficulties (LDD). One father from the steering group expressed, "A learning disability is not a loving disability; we just need a little extra help." This sentiment serves as a powerful reminder for all of us!

Mellow Futures combines the Mellow Bumps & Dads to be (antenatal) and Mellow Babies & Toddlers (postnatal) programmes with the addition of an easy-read parent logbook and a mentor who supports the parent between sessions.

We aim to support parents in building a healthy relationship with their baby as early as possible. However, we understand that parents may require support at different times. Mellow Futures is designed to be delivered in three stages, and parents can attend all (Bumps and Dads to-be, Babies, and Toddlers) or just one, depending on their needs and the age of their child.

"A much better understanding of what the needs of the baby are, more aware of what they should be doing ... the whole interaction with baby is better, parent is enjoying baby more, more aware of the things they should be doing like singing and talking,"

"The parent's looking at her, you can see the emotional warmth there now, there's a bond there, changing her nappy, looking at her cues, is reading her cues properly. And parent just wasn't interested at first, wasn't actually interested, because they were nervous."

Practitioner about two participants in Mellow Futures

The Training

3-Day in-person training. Includes the Facilitator's manuals, mentors' and parents' logbooks. Access to relationship-building resources from the Mellow's website, downloadable & free to use.

**Phone: 0141 445 6066 · Email: enquiries@mellowparenting.org
www.mellowparenting.org · #AllAboutRelationship**

Learning Outcomes

- Develop Mellow's relationship-based approach to group work, supporting parents and carers within early years settings.
- Build confidence in using strength-based video feedback to encourage responsive caregiving and strengthen parent–child interactions.
- Increase understanding of how learning difficulties and disabilities (LDD) can influence parenting capacity and family relationships, with a focus on early childhood development.
- Enhance skills in facilitating parent groups effectively, promoting cohesion, trust, and shared learning among participants.
- Gain a clear understanding of the mentor's role in a support context, including responsibilities, boundaries, and reflective support.
- Explore ways to adapt standard behavioural and cognitive-behavioural strategies to meet the diverse needs of parents with LDD, ensuring inclusive and accessible support

Practitioners will be able to deliver:

Child age	Pregnancy (20-30 weeks gestation)	Babies (0 -18 months)	Toddlers (19-60 months)
Programme for mums	Mellow Futures Bumps (Mums-to-be)	Mellow Futures Babies for Mums	Mellow Futures Toddlers for Mums
Programme for dads	Mellow Futures Dads-to-be	Mellow Futures Babies for Dads	Mellow Futures Toddlers for Dads
Number of sessions	7 sessions	14 sessions	14 sessions

Research and Evidence

- 28 out of 30 mothers had no contact with other new mothers before starting Mellow Futures.
- After the Programme mothers kept in contact using Facebook and met up with each other if they lived near each other.



After a Mellow Futures Programme, Children's Services level of concern was reduced for 17 out of 30 babies.

- 8 babies no longer on a Child Protection Plan
- 4 babies no longer seen as a "child in need"
- 2 babies returned to mother's care
- 2 babies "no longer of significant concern"
- 1 planned adoption remained with mother