

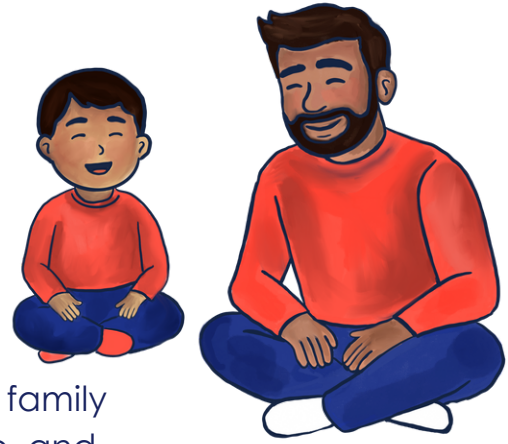


Going Mellow

Parenting Group

14 Weekly Sessions

PARENTS OF CHILDREN AGED 0-5Y



Going Mellow training equips early years and family support practitioners with the skills, knowledge, and confidence to deliver the evidence-based 14-session Mellow Babies and Mellow Toddlers parenting programmes. Rooted in a relational, strengths-based, & trauma-informed approach, the training is especially supportive for practitioners working with parents of young children who may be experiencing stress, trauma, isolation, or social and emotional challenges.

Through a structured programme and strengths-based parent–child video interaction, Going Mellow places parents' lived experiences at the heart of the process. Practitioners facilitate nurturing, reflective group sessions that honour each parent's story—supporting them to explore their own childhood, build confidence, and strengthen their relationship with their child. By centring the voices and experiences of parents, practitioners create safe, inclusive spaces where individuals feel seen, heard, and supported laying the foundation for meaningful connection, resilience, and emotional well-being.

"I feel confident and able to handle situations where before I would have struggled. It's really really helped end a destructive relationship that was not only hurting me but also my child. My relationship with my child has changed "

"I didn't realise how helpful it was to just talk about my childhood and share my experiences with others. It was just amazing, I feel so free and the Mellow group has helped me talk about my problems from the past in a safe and nurturing environment"



"When I started Mellow I did not have a great relationship with my daughter. This relationship has now got better. She is talking more and grown in confidence. I have had support around my ex partner and understanding of what a healthy relationship is and what I deserve." Parents Voices, 2024

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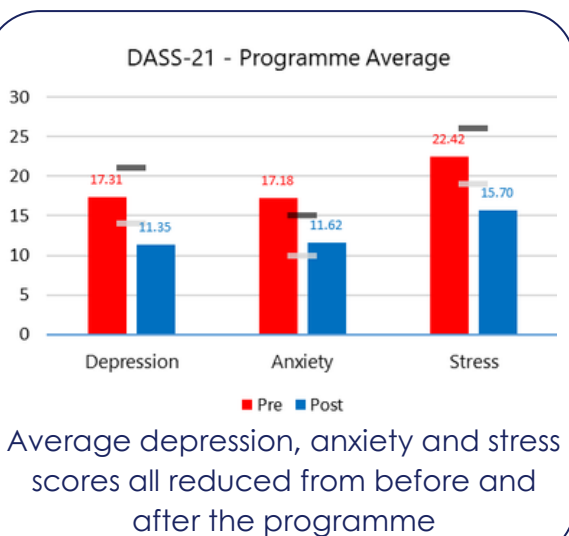
The Training

3-Day in-person - up to 10 Practitioners. Includes a Learning to Observe & facilitator's manual. Access to online resources and post-training support to assist in achieving accreditation. 4 Logbook for parents to follow the programme & record their journey. Participants are certified to deliver the Mellow Mums, Mellow Dads, Mellow Babies, and Mellow Toddlers programmes.

Learning Outcomes

- Deliver a parent group with confidence, using the programme structure, materials, and reflective approach.
- Apply Mellow's relationship-based approach to support group connection and emotional safety.
- Build confidence in using strength-based video feedback to encourage responsive caregiving and strengthen parent-child interactions.
- Anticipate and respond to common challenges or barriers that may arise during group delivery, using relational and trauma-informed strategies.
- Gain first-hand insight into the group experience from the parents' perspective, through experiential learning activities that reflect the emotional tone and structure of a real Mellow group.

Research and Evidence



- **91.6%** of parents agreed or strongly agreed with "I found the topics in the group relevant to me and my family situations"
- **95%** of parents agreed or strongly agreed with "The group has given me a new perspective on my relationships"
- **97.1%** of parents agreed or strongly agreed with "I would like to keep in touch with the service who delivered this group"
- **88.4%** agreed or strongly agreed with "I learned from the experience of sharing my video with other parents"

- Improved Parent-Child Interaction
- Reduced Parental Stress and Depression
- Enhanced Parental Self-Efficacy
- Stronger Support Networks
- Engagement of 'at risk' Families