



Mellow Growing Together

Parenting Group 8 Weekly Sessions

PARENTS OF CHILDREN AGED 0-5Y



Mellow Growing Together is an inclusive, attachment-focused parenting programme for mums and dads with a child under five who are experiencing stress, anxiety, or isolation during the perinatal period. It offers a safe and supportive space for parents who may be struggling to connect with their baby, helping to strengthen the parent-child relationship.

Using a reflective and relational approach and incorporating strengths-based parent-child video feedback, the programme draws on parents lived experiences to foster trust, emotional growth, and responsive caregiving. It promotes connection, co-regulation, and improved parental well-being through playful interaction and guided reflection. Grounded in trauma awareness and cultural sensitivity, the programme is designed to meet the diverse needs of families.

With a flexible delivery model, the programme can be offered in group settings or on a one-to-one basis, either in person or online, allowing services to tailor support to each family's unique circumstances.

"You are not forced to share in the group, are encouraged to only share what you are youhappy to share".

"Don't overthink attending, just go!"

"It was great to do it with parents like me, and the staff that took the programme were great."

Parents Voices, 2024



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

The Training

The training is delivered in person or online over two days and includes a facilitator's manual, learning to observe manual, a copy of the parent's logbook, and access to online resources. Additionally, post-training support is provided to assist in achieving accreditation.

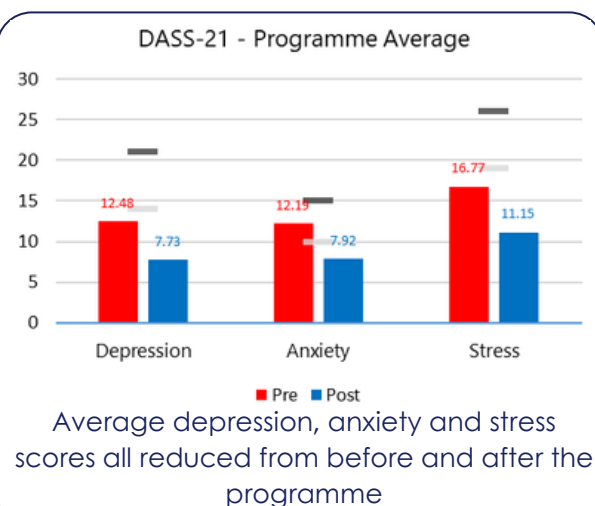
Upon completion, trainees will be certified to deliver the Mums and Dads programme for a child between 0-18 months and 19 -60 months.

Learning Outcomes

- Confidently deliver a Mellow Parenting group using the programme structure and materials.
- Use Mellow's relationship-based approach to support group connection and safety.
- Build skills in strengths-based video feedback to enhance parent-child interactions.
- Recognise and address challenges with relational, trauma-informed strategies.
- Experience the group from a parent's view through hands-on learning activities.

Research and Evidence

- Reduced Parental Stress and Anxiety
- Increased Social Support and Reduced Isolation
- Enhanced Parenting Skills and Responsiveness
- Improved quality of parent-child relationship
- High Satisfaction and Programme Acceptability



- **91.8%** agreed or strongly agreed with "I have made new friends through the group who I would like to keep in touch with"
- **86.7%** agreed or strongly agreed with "I would like to keep in touch with the service who delivered the group"
- **92.6%** agreed or strongly agreed with "I feel that the children's group has been beneficial for my child"
- **88.4%** agreed or strongly agreed with "I learned from the experience of sharing my video with other parents"