



Parenting Group 14 Weekly Sessions



PARENTS OF CHILDREN WITH LEARNING DIFFERENCES AND ASN

14-week relationship-based programme created to facilitate professionals to support parents with children with ASN to enhance resilience and emotional wellbeing.

Mellow Ability is based on our original **Going Mellow** programme, though expanding the materials to include topics specific to children with additional needs & disabilities. The aim is to reduce social isolation, stress and pressure, and improve emotional development.

The group gives parents an inclusive space where they are supported to reflect on themselves and their relationships, share experiences, and create bonds with other families. Focusing on the Early Transition to School. Using videos, quizzes, crafts and discussions as a way of engaging and facilitating change.

“It encouraged lots of good and genuine discussion for all parents. Felt like a very nurturing and safe environment. Would highly recommend it to other parents. Good making connections with other parents.”

“This has been an incredible journey. I never thought I would learn so much from this. I never talked to my daughter before because she is non-verbal, now I realise how important that is.”

Parents Voices, 2022

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www.mellowparenting.org · #AllAboutRelationship



14 Weekly Sessions Parenting Group

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DIFFERENCES AND ASN

The Training

3-Day in-person training.

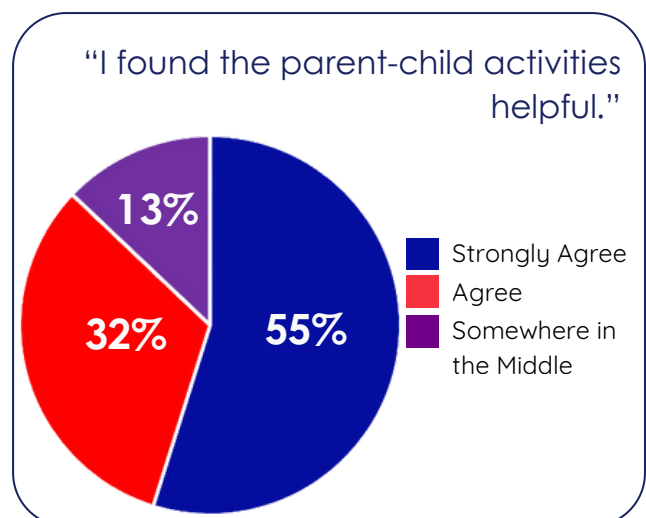
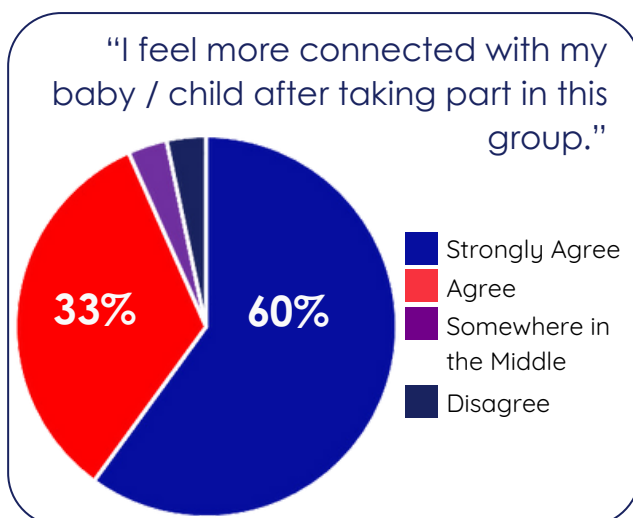
Includes a Facilitator's Manual and a Learning to Observe Manual.

Access to online resources and post-training support (Evaluation and Reflective Coaching) to help in achieving accreditation.

Learning Outcomes

- Coaching in Mellow's approach to group work and developing a relationship-based framework.
- Strength-based video feedback skills.
- Increase understanding of how ASN affect parenting and family relationships.
- Offer ways to adapt standard behavioural and cognitive-behavioural approaches to parents with ASN children.
- Understand principles of mindfulness, acceptance and commitment therapy, and compassion-focused therapy in relation to ASN parenting.
- Gain new ideas on how to promote emotion regulation for children and parents as well as the professional facilitators.
- Access to practical tools to use with parents through the online Mellow Ability resource bag.

Research and Evidence



Source: Mellow Ability Group Data, 2022-2024, UK and New Zealand