

HELPING YOU SUPPORT PARENTS WITH BABIES AND TODDLERS

The Programme

- Group-Based Delivery of 14 Sessions
- Using 1:1 Strength-Based Video Feedback
- Trauma-Informed and Evidence-Based
- Building Safe, Responsive, and Nurturing Relationships

Training Outcomes

- Coaching in Mellow's Approach to Group Work
- Developing a Relationship-Based Framework
- Understanding the Going Mellow Programme
- Reinforcing Strength-Based Video Feedback Skills

“My relationship with my son has improved. I understand the important role that i play in his development.” - Going Mellow Participant

Who Can Deliver?

Services supporting parents and preschool children with additional social and emotional care needs within the community, and have the resources to deliver an intensive 14-session group-based intervention.





SUPPORTING PARENTS WITH BABIES AND TODDLERS

The Programme

Going Mellow focuses on supporting parents to reflect on themselves and their relationships, promoting interaction with their children, and providing video feedback while discussing positive parenting strategies, such as responsive caregiving.

Learning Outcomes

- Understanding Our Needs and Our Children's
- Recognising Strengths in Our-selves and Our Relationships
- Improved Family Wellbeing
- Reflecting on the Impact of Our Experiences, Specifically in the Early Years

“My relationship with my son has improved. I understand the important role that I play in his development.” - Going Mellow Participant

Who Are Mellow?

At Mellow, we want every child in the world, to be part of a nurturing family that will allow them and future generations the best possible start in life. We focus on strengthening relationships and improving whole family wellbeing.





HELPING YOU SUPPORT PARENTS IN A FLEXIBLE SETTING

The Programme

- Inclusive Training to Deliver 16 Sessions
- Delivered as a Group, 1:1 or Online
- Trauma-Informed and Evidence-Based
- Building Safe, Responsive, and Nurturing Relationships

Training Outcomes

- Coaching in Mellow's Approach
- Developing a Relationship-Based Framework
- Understanding the Mellow Growing Together Programme
- Reinforcing Skills and Coaching In Strength-Based Video Feedback

"It is a great programme using a relational approach that can have lots of benefits to families." - Mellow Growing Together Practitioner

Who Can Deliver?

Services supporting parents with children aged 0-5 looking to strengthen the relationship with their child, learn about their child's development and build a support network with other new parents.





SUPPORTING PARENTS WITH BABIES AND TODDLERS IN A FLEXIBLE SETTING

The Programme

Mellow Growing Together provides an inclusive space to support parents to reflect on themselves and their relationships, promoting interaction with their children, and providing video feedback while discussing positive strategies, such as responsive caregiving.

Learning Outcomes

- Understanding Our Needs and Our Children's
- Learning Positive Strategies to Implement at Home
- Improved Family Wellbeing and Support Network
- Reflecting on Our Strengths and Experiences

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

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HELPING YOU SUPPORT PARENTS-TO-BE CONNECT WITH THEIR BABY BEFORE BIRTH

The Programme

- Inclusive Training to Deliver 7 Sessions
- Delivered as a Group, 1:1 or Online
- Focusing on the Antenatal Period
- Building Safe, Responsive, and Nurturing Relationships

Training Outcomes

- Coaching in Mellow's Approach
- Developing a Relationship-Based Framework
- Understanding the Mellow Bumps and Mellow Dads-to-Be Programmes
- Experiencing Strength-Based Skills

"I came away feeling positive and spoke highly of the training when I gave feedback." - Mellow Bumps and Mellow Dads-to-Be Practitioner

Who Can Deliver?

Services supporting parents-to-be as they start their journey through parenthood, Mellow Bumps and Dads-to-Be can be delivered as a group within the community, online or as an intensive 1:1 intervention at home.





HELPING PARENTS-TO-BE UNDERSTAND & CONNECT WITH THEIR BABY BEFORE BIRTH

The Programme

Mellow Bumps and Mellow Dads-to-Be prepares parents-to-be to welcome their baby into the world. The focus is on promoting self-care, fighting isolation, and providing a safe space to share experiences and boost parenting tool-kits and skills.

Learning Outcomes

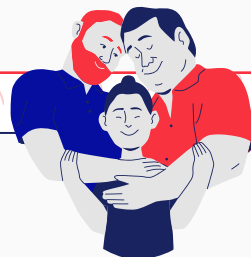
- Engaging in Activities Built around You and Your Baby
- Sharing Experiences and Support from Peers
- Learning about the Joys and Challenges of Parenthood
- Focusing on Your Baby's Present and Future Needs

"I really enjoyed the course, and thank you for helping me through my pregnancy." - Mellow Bumps Participant

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HELPING YOU SUPPORT YP, PARENTS AND CAREGIVERS NAVIGATING ADOLESCENCE

The Programme

- Two Complementary 12-Week Programmes in One Training
- Delivered as a Group, 1:1 or Online
- Using 1:1 Strength-Based Video Feedback
- Contributing to Whole Family Support National Principles

Training Outcomes

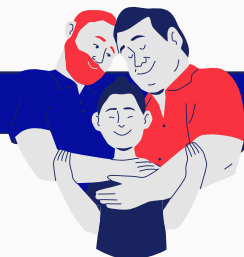
- Coaching in Strength-Based Video Feedback
- Developing a Relationship-Based Framework
- Understanding the Mellow Caring for YP programme
- Reinforcing Strength-Based Video Feedback Skills

“This training has come at the right time as it will help us provide support for the whole family.” - Mellow Caring for Young People Practitioner

Who Can Deliver?

Contributing to a whole family approach, Mellow Caring for Young People can be delivered by organisations working directly with carers of young people at the right time for the family.





SUPPORTING YP, PARENTS AND CAREGIVERS NAVIGATING ADOLESCENCE

The Programme

Mellow Caring for Young People is designed to be a useful tool for parents and caregivers navigating through adolescence. The group focuses on decreasing isolation, and helping caregivers understand and strengthen their relationship with young people.

Learning Outcomes

- Understanding YP's World, Emotions and Development
- Exploring Tools to Build Stronger Relationships
- Learning to Promote YP's Strength and Resilience
- Reducing Family Stress and Supporting Wellbeing

"The resources are fantastic, very informative and presented in a way which is easy to understand." - Mellow Caring for Young People Participant

Who Are Mellow?

At Mellow, we want every child in the world, to be part of a nurturing family that will allow them and future generations the best possible start in life. We focus on strengthening relationships and improving whole family wellbeing.



HELPING YOU SUPPORT THE MENTAL HEALTH AND WELLBEING OF YP



The Programme

- Inclusive Training to Deliver 12 Sessions
- Delivered as a Group, 1:1 or Online
- Building Healthy Relationships within Safe, Nurturing Settings
- Contributing to Whole Family Support National Principles

Training Outcomes

- Coaching in Promoting Strength and Resilience in YP
- Developing a Relationship-Based framework
- Understanding the Mellow for Young People Programme
- Providing Tools to Support Young People

“Loved the two days and would not hesitate to attend further Mellow trainings.” - Mellow for Young People Practitioner

Who Can Deliver?

Contributing to a whole family approach, Mellow for Young People can be delivered by organisations working directly with Young People at the right time for the young person.



SUPPORTING THE MENTAL HEALTH AND WELLBEING OF YOUNG PEOPLE



The Programme

Our Mellow for Young People programme aims to improve young people's mental health, well-being and confidence by supporting them to explore and build healthy relationships within safe, supportive and nurturing group settings.

Learning Outcomes

- Understanding YP's World, Emotions and Development
- Exploring Tools to Build Stronger Relationships
- Learning to Promote YP's Strength and Resilience
- Reducing Family Stress and Supporting Wellbeing

"My favourite part was spending time with friends. Go to the group, it is a good experience." - Mellow for Young People Participant

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HELPING YOU SUPPORT PARENTS OF CHILDREN WITH ADDITIONAL NEEDS

The Programme

- Intensive Training to Deliver 14 Sessions
- Group-Based Delivery
- Building Healthy Relationships within a Safe Space for Children with Additional Needs
- Focusing on the Early Transition to School

Training Outcomes

- Coaching in Mellow's Approach to Group Work
- Learning from Peers Working with Families Impacted by Disability
- Understanding Mellow Ability
- Reinforcing Strength-Based Video Feedback Skills

“Fantastic training and extremely valuable to meet other facilitators. The manual gives us everything we need.” - Mellow Ability Practitioner

Who Can Deliver?

Schools and services supporting parents and children with additional needs within the community and have the resources to deliver an intensive 14-session group-based intervention.





SUPPORTING PARENTS OF CHILDREN WITH ADDITIONAL NEEDS

The Programme

Mellow Ability aims to support parents and their children with additional needs to enjoy resilient, emotionally thriving lives. The focus is creating a safe space, reducing social isolation and pressure, and building stronger relationships to improve children's development.

Learning Outcomes

- Sharing Experiences and Creating Bonds with Peers
- Understanding Our Children as They Are
- Building Hope and Promoting Proactivity
- Shaping Our Children's Future and Decreasing Social Isolation

"You have given us so much. Friendship, laughter, a few tears and, most importantly, hope for the future." - Mellow Ability Participant

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HELPING YOU SUPPORT PARENTS WITH LEARNING DIFFICULTIES OR DISABILITIES

The Programme

- Intensive Training to Deliver 7+28 Sessions
- Group-Based Delivery by Two Facilitators
- Focusing on the First 1001 Days and Beyond
- Resources from Mellow Babies, Toddlers, Bumps, Dads-to-Be

Training Outcomes

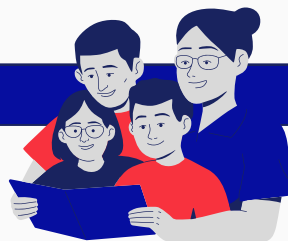
- Coaching in Mellow's Approach to Support Parents with LDD
- Reinforcing Parental Sensitivity and Video Feedback Skills
- Working with Mentors to Support Parents with New Skills
- Understanding Group Evaluation to Get Accredited

“Parents with LDD tend to feel judged by professionals and the course completely knocked that down.” - Mellow Futures Practitioner

Who Can Deliver?

Schools and services supporting parents with learning disabilities or difficulties and their children within the community and have the resources to deliver an intensive 14-session group-based intervention.





SUPPORTING PARENTS WITH LEARNING DIFFICULTIES OR DISABILITIES

The Programme

It is not easy being a parent and no one is perfect! Mellow Futures has been created to support parents learn what they can do to care for children and build parental skills. The early years are so important and we want to help parents give their children the best start in life.

Learning Outcomes

- Attending Mellow Groups based on Children's Age and Stage
- Benefitting from the Support of a Mentor
- Building Strengths as a Parent
- Meeting with Peers and Sharing Experiences to Build New Friendships

"When babies are first born they can see and copy you. I didn't know that and it's quite fun to watch." - Mellow Futures Participant

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What are Mellow Foundation Modules?

Encouraging the development and upskilling of the workforce who provide support to parents is a key priority for Mellow to ensure that they feel equipped and supported to do their job to the best of their abilities. Each of our Foundation Modules focuses on building better relationships and making every contact count by strengthening solution-focused skills and tools to use with parents, carers and young people. We offer five Foundation Modules:

- **Mellow Conversations**

Empowering parents through a strength-based, trauma-informed approach.

- **Conversations with Carers**

Enabling difficult conversations about learning disabilities.

- **Conversations with Young People**

Focusing on young people's development and transition into adolescence.

- **What Children Need**

Introducing infant mental health to promote responsive caregiving.

- **What Dads Need**

Exploring approaches to support dads during the perinatal period.

The Modules are designed to provide support and guidance in key areas. Each Module offers a unique set of skills and tools, though note that there may be some overlap in the approach. After completing one of our Modules, trainees will have access to additional free relationship-building resources.



A few words from previous trainees...

What are the main things you've learnt?

- "More confidence in having more sensitive discussions with families."
- "Talking about reflection makes you think that maybe we don't reflect on our week at work as much as we could."
- "Self-regulation, the F-words as a tool, nurturing care framework."

What did you find the most helpful?

- "All of it. Trauma-informed information sharing vulnerability."
- "Useful solutions and different techniques, and the benefits of these."
- "Strategies and techniques on being present, how to prepare yourself and stay yourself in a conversation."

What interested you in attending?

- "I work with lots of different families who have different needs and I wanted to know about different approaches and strategies."
- "I feel it is extremely important to refresh skills as they might not be in the forefront of my practice."
- "How to approach families when discussing relationships."

Any other comments?

- "Outstanding Trainers delivering excellent content."
- "Really useful for all relationships, professional and personal."
- "Brilliant training. Fabulous delivery. Will definitely help me at work."
- "Grateful to have been part of the training."

