

Going Mellow - Parenting Programme Logic Model



Purpose/Goal: To support parents experiencing significant adversity and complex support needs to provide safe, nurturing care, strengthening parent-child relationships, improving child wellbeing, and reducing the need for ongoing statutory intervention

INPUTS:

GM practitioners' manuals/ resources

Theoretical framework grounded in attachment and social learning theory

Trauma-sensitive based group model

Structured parent-child interaction sessions

IT equipment i.e. laptop/tablet and monitor

Safe, welcoming programme space

Food, transport, and childcare support

Evaluation tools aligned with the Mellow Parenting Framework

Implementation policies, procedures and guidelines

MELLOW ACTIVITIES:

Training Coordination

Deliver 3-day training to practitioners

Training evaluation & issue certificates

Reflective Consultation & Accreditation support

PRACTITIONER ACTIVITIES:

Recruitment of parents/caregivers

Pre-programme visits & relationship-building

Pre-programme evaluation and baseline measures

Delivery of structured group-based sessions

Facilitation of therapeutic discussions and peer support

Supported parent-child interaction and play

Post-programme evaluation and review

STRATEGIES:

Strength-based support

Emotional containment

Reflective Practice

Facilitated peer support

Strategies to reduce anxiety and depression

Strength-based video feedback

PROGRAMME STRUCTURE:

14-sessions, 5-6-hour group-based sessions

Therapeutic discussions on stress, relationships, confidence, and well-being

Psychoeducation on child development & wellbeing

Support with routines, warm boundaries, and co-regulation

Supported parent-child activities tailored child age & stage of development

Individualised parent-child video feedback

OUTPUTS:

Increased capacity for practitioners to deliver Mellow

Improved mental health and well-being of parents (WHO-5 & DASS-21)

Improved parenting confidence (KPCS)

Improved parent-child relationship (Tunnel)

Improved parent-child attachment

Improved parental knowledge about child health and behaviour

Improved social emotional wellbeing of child (ASQ-SE)

Promote early learning activities that are age and stage-appropriate.

OUTCOMES:

Short- Medium term:

Increased ability of parents to provide responsive care to babies

Improved responsive parenting practices

Improved child cognitive language and social-emotional development

Long term

Improves parental wellbeing, reflective capacity, and attuned interaction.

Strengthened attachment, emotional regulation, and behavioural consistency

Leads to healthier child development, improved family resilience, and long-term positive outcomes.

Assumptions:

1. All resources for effective programme delivery are available (Funding, Human resources, Training and Supervision)
2. There are sufficient services with trained practitioners that provide support for meeting the complex needs of children and families.