

Mellow Bumps & Dads to Be Antenatal Parenting Programme Logic Model

Purpose/Goal: To support expectant parents, especially those with additional social care needs, to reduce antenatal stress, improve wellbeing, and begin forming a positive, nurturing bond with their baby before birth.

INPUTS:

Mellow Bumps practitioner manuals/resources

Theoretical framework grounded in attachment and social learning theory

Trauma-sensitive, reflective practice framework

Trained Mellow Bumps practitioners

Safe, welcoming venue

Structured parent sessions

Food, transport, and practical support

IT equipment (for relaxation audio, digital tools)

Evaluation tools aligned with perinatal Mellow Framework

Implementation policies and procedures

MELLOW ACTIVITIES:

Training Coordination

Deliver 1-day training to practitioners

Training evaluation

Certificates

Reflective Consultation & Accreditation support

PRACTITIONER ACTIVITIES:

Recruitment and engagement of expectant parents

Antenatal home visit

Pre-intervention paperwork

Pre-Evaluation

Post-evaluation

Post-intervention paperwork and follow-up

STRATEGIES:

Strength-based support

Strategies to reduce anxiety and depression

Emotional containment & regulation techniques

Reflective Practice

Non-Didactic Approach

Parent Focused Self-care Activities

PROGRAMME STRUCTURE:

7-sessions, 2-hour group-based sessions or 7-sessions, 1-hour 1 to 1

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

Discussions on child development, social, emotional and communication needs

Relaxation and have a go activities

Peer support and group connection

OUTPUTS:

Increased capacity for practitioners to deliver Mellow Bumps & dads to be

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

Improved parent-baby connection (Tunnel),

Increased understanding of newborn social and emotional needs

Promote early learning activities that are age and stage appropriate

Strengthened support network for parents

OUTCOMES:

Short- Medium term:

Improves parental well-being

Improved antenatal bonding

Improved reflective functioning

More confident transition into parenthood

Increased ability to provide responsive postnatal care

Long term

Improves parental wellbeing, reflective capacity, and attuned interaction.

Increased ability of parents to provide responsive care to babies

Strengthens attachment, emotional regulation, and behavioural consistency

Healthy child social-emotional 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.