

Child Rights and Wellbeing Impact Assessment

About Mellow Parenting

Mellow Parenting is a third sector organisation (incorporated in 2006) based in Glasgow, Scotland. We are a training organisation with a focus to research, develop, evaluate and implement relationship-based early-intervention programmes. We work alongside a variety of stakeholders, including practitioners, services, local authorities, academics, researchers, policy makers and parents.

Specifically, we:

- Train the early intervention workforce in our programmes and foundation courses.
- Support the workforce to deliver our programmes and evaluate their effectiveness.
- Deliver face to face and online Mellow groups in partnership with referrers and colleagues in the voluntary and public sector.
- Research and develop new programmes.
- Provide Mellow practitioners with ongoing support and professional development.
- Advocate for the importance of the early years and strengthening relationships.

Governments must respect the rights and responsibilities of parents and carers to provide guidance and direction to their child as they grow up, so that they fully enjoy their rights. This must be done in a way that recognises the child's increasing capacity to make their own choices.

Article 5 (parental guidance and a child's evolving capacities)

What is a CRWIA?

Getting It Right For Every Child (GIRFEC) is Scotland's approach to improving the wellbeing of children and young people, with 'wellbeing' defined by eight indicators. These indicators – Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, Included – were developed from the UNCRC.

Child Rights and Wellbeing Impact Assessment (CRWIA) of legislation and policy in Scotland is a tool that can help to inform and meet these duties.

CRWIA covers individual children, groups of children, and all children up to age 18.

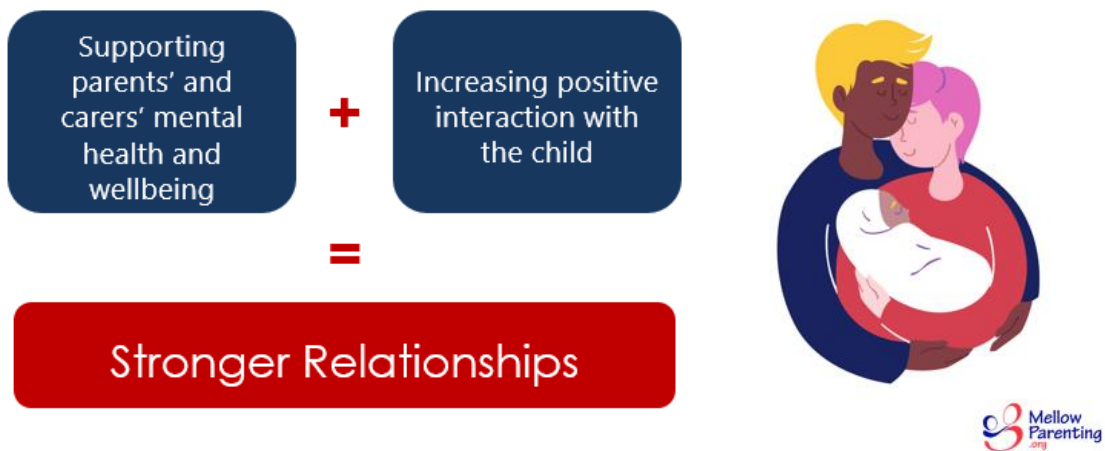
Why has Mellow Parenting completed a CRWIA?

The Mellow Board and staff are pleased to welcome the incorporation of UNCRC into Scottish law and look forward to the impact we consider this will have on all aspects of life.

As an organisation we recognise that:

- Children's rights are inextricably linked with the rights of parents and carers.
- There is a need to promote parenting that is respectful of the child's best interests and considerate of parents.
- Children are entitled to care, security and upbringing that is respectful of rights and individuality.

In addition, we believe that parents who are sensitive and responsive to their children's feelings are more likely to have securely attached children. Parents who experienced a secure attachment relationship when they were children have a better chance of having a secure relationship with their own child. We work with parents and their children to help build stronger relationships.



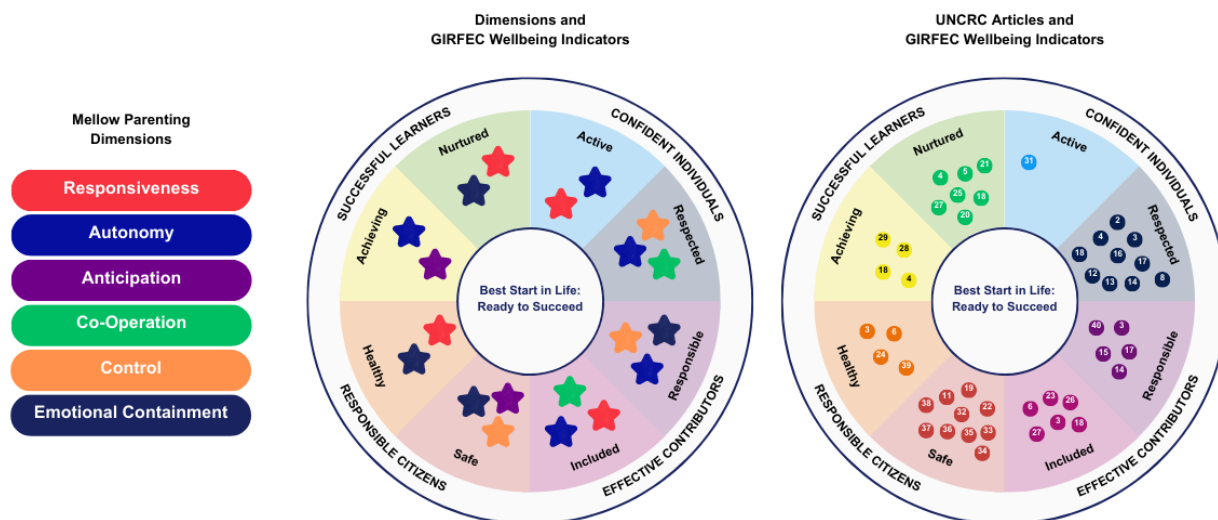
How will CRWIA impact Mellow Parenting's work?

Mellow Parenting has a trauma informed approach which recognises that healing and change happens in the context of relationships. The Common Core Values and Principles for the "Children's Workforce" in Scotland (Scottish Government, June 2012) underpin the work we seek to do. (See Appendix 1)

We draw attention to the rights of babies, children and young people and promote parenting that is respectful, sensitive and appropriate to the age and stage of the child. The CRWIA will further encourage us to think further about what more we can do to place the wellbeing of children and young people at the centre of our work.

We have created new tools that highlight how the Mellow Parenting Dimensions are linked to GIRFEC and the UNCRC. We have incorporated this into our training and find this gives us a new language to discuss the impact of our programmes, particularly with international colleagues.

Mellow Parenting Dimensions, GIRFEC and the UNCRC



What I need from people who look after me:

everyday care and help, supporting me to make the right choices, keeping me safe, being there for me, encouragement and fun, knowing what is going to happen and when, understanding my family background and beliefs.

This diagram highlights the link between the Mellow Parenting dimensions, GIRFEC and the UNCRC.

The dimensions provide a framework for understanding parent child interactions and a mechanism for practitioners to give strengths-based feedback to parents. The dimensions help to describe what happens in the relationship between the parent and the child and a useful tool that through individual video feedback can increase parental sensitivity.

Each dimension has been mapped onto the associated GIRFEC wellbeing indicator. It helps to show how everyday interactions support wellbeing and enable children to access their rights.

The following table maps our Mellow Parenting programmes (0-18 years) in relation to child wellbeing outcomes and the UNCRC Articles.

Mellow Parenting Programmes

Programme	Child Wellbeing Enhancements	UNCRC Article
<p>Mellow Bumps and Dads-To-Be</p> <p>Age Range: Antenatal</p>	<ul style="list-style-type: none"> - Reduced parental stress, anxiety and depression. - Increased parental sensitivity to unborn child. - Decreased parental isolation this increases opportunities for social connections. - Parents perceived closeness with child. - Parenting confidence. 	<p>Life, survival and development (6); Parental responsibilities and state assistance (18); Birth registration, name, nationality, care (7); Protection from violence, abuse and neglect (19); Respect for the views of the child (12).</p>
<p>Mellow Babies</p> <p>Age Range: 0-18 mo.</p>	<ul style="list-style-type: none"> - Reduced parental stress, anxiety and depression. - Increased opportunities to play. - Bespoke strengths-based video feedback which increases parental sensitivity. - Opportunity for cognitive, social and emotional development. - Parents perceived closeness with child. - Parenting confidence. 	<p>Life, survival and development (6); Parental responsibilities and state assistance (18); Birth registration, name, nationality, care (7); Protection from violence, abuse and neglect (19); Respect for the views of the child (12); Freedom of expression (13); Leisure, play and culture (31); Inhumane treatment and detention (37); Recovery from trauma and reintegration (39).</p>
<p>Mellow Toddlers</p> <p>Age Range: 18 mo.-5 y.</p>	<ul style="list-style-type: none"> - Reduced parental stress, anxiety and depression. - Increased opportunities to play. - Parents practice responsive parenting and behaviour management. - Bespoke strengths-based video feedback which increases parental sensitivity. - Opportunity for cognitive, social and emotional development. Supports language development. - Parents perceived closeness with child - Parenting confidence. 	<p>Life, survival and development (6); Parental responsibilities and state assistance (18); Birth registration, name, nationality, care (7); Protection from violence, abuse and neglect (19); Respect for the views of the child (12); Freedom of expression (13); Leisure, play and culture (31); Inhumane treatment and detention (37); Recovery from trauma and reintegration (39).</p>
<p>Mellow Ability</p> <p>Age Range: 4-7 y.</p>	<ul style="list-style-type: none"> - Reduced parental stress, anxiety and depression. - Increased opportunities to play. - Increased parental knowledge and understanding. - Parents practice responsive parenting and behaviour management. - Bespoke strengths-based video feedback which increases parental sensitivity. - Parents gain new tools to enhance communication and build relationships. - Opportunities to try new things. - Opportunity for cognitive, social and emotional development. - Parents perceived closeness with child. - Parenting confidence. 	<p>Life, survival and development (6); Parental responsibilities and state assistance (18); Birth registration, name, nationality, care (7); Protection from violence, abuse and neglect (19); Respect for the views of the child (12); Freedom of expression (13); Leisure, play and culture (31); Inhumane treatment and detention (37); Recovery from trauma and reintegration (39); Children with a disability (23); Sexual exploitation (34).</p>
<p>Mellow for Young People</p> <p>Age Range: 13-18 y.</p>	<ul style="list-style-type: none"> - Improved mental health. - Opportunities to build friendships and reduce isolation. - Opportunities to try new things. - Increased emotional literacy. 	<p>Life, survival and development (6); Parental responsibilities and state assistance (18); Sexual exploitation (34); Protection from violence, abuse and neglect (19); Respect for the views of the child (12); Freedom of expression (13); Leisure, play and culture (31); Inhumane treatment and detention (37); Recovery from trauma and reintegration (39).</p>
<p>Mellow Caring for Young People</p> <p>Age Range: 13.18 y.</p>	<ul style="list-style-type: none"> - Reduced parental stress, anxiety and depression. - Bespoke strengths-based video feedback which increases parental sensitivity. - Parents perceived closeness with child. - Parenting confidence. 	<p>Life, survival and development (6); Parental responsibilities and state assistance (18); Sexual exploitation (34); Protection from violence, abuse and neglect (19); Respect for the views of the child (12); Freedom of expression (13); Leisure, play and culture (31); Inhumane treatment and detention (37); Recovery from trauma and reintegration (39).</p>

Enhancing Positive and Mitigating Negative Impacts

The overall purpose of CRWIA is to identify positive and negative impacts of our work on children. Where there are positive impacts, work can be done to enhance these. Where there are potential negative impacts, work should be done to mitigate these.

Mellow Parenting has a number of interventions that support the fidelity of our programme delivery thus enhancing positive and mitigating negative impacts on children. We provide our Mellow Parenting practitioners and trainers with opportunities to take part in:

- Reflective Consultation/Supervision
- Accreditation
- Safeguarding Discussions and Ongoing Training
- Practitioners Days and Top-Up Training
- Access to Our Website and Newsletters for Updates
- Access to Senior Practitioners for Problem Solving

In addition, we have a robust evaluation process which ensures that the Mellow evaluation team has access to group outcome data from our UK and international practitioners. This data would help us to be able to flag up and address potential areas of concern in group delivery. The table below highlights some risks and potential negative impacts of our work that could occur if group delivery is not conducted to fidelity.

Risk	Potential Negative Impact on Children
If the group is not run to fidelity, there is a potential to reinforce negative parenting practice.	Children will miss out on the opportunity to experience responsive sensitive parenting which will support their social and emotional development.
Group attendance is patchy and there is no consistency in group members.	Parents will not be able to build trusting relationships with each other and the group facilitators and, as a result, not experience peer support and opportunities for social learning and new skills in parenting. As a result, their children may miss out on opportunities.
If the group is not run to fidelity there is a risk of reinforcing unhelpful, unhealthy or abusive behaviours and/or building collusive alliances between parents and possibly practitioners.	This will mean that parents will not get the full benefits of being in the group and not benefit from opportunities of peer support. This could leave them more socially isolated. As a result, their children may not benefit from a richer environment of supportive relationships. At the extreme end children may be a risk of harm and abuse if a parent seeks to cover up their abusive behaviour.
Allowing othering or alienation within the group.	This could increase the stress and anxiety of parents attending the group and mean that they are less available for their child or put them off seeking other sources of support which could limit their child's opportunity.
Reinforcing a stereotyped view of the system/social care.	This could mean that the parent is less likely to ask for help when they need it, and the child could miss out on opportunities that would support their health and wellbeing.
Not achieving intended outcomes for parents and their children.	If the parent doesn't see any benefit to them attending the group, they will be put off attending other groups that may benefit them in the future.

Monitoring and Review

Mellow Parenting will continue to progressively review all policy and practice through the application of our CRWIA when reviewing and developing new programmes and policies. CRWIA was completed by Rachel Tainsh, Mellow Parenting International and Programme Lead. Next date for CRWIA Review: December 2023.

Appendix 1

Common Core Values and Principles for the "Children's Workforce" in Scotland Scottish Government, June 2012

- are at the heart of the Common Core and the *Getting It Right For Every Child* approach

1. **Promoting the well-being** of individual children and young people: this is based on understanding how children and young people develop in their families and communities and addressing their needs at the earliest possible time
2. **Keeping children and young people safe:** emotional and physical safety is fundamental and is wider than child protection
3. **Putting the child at the centre:** children and young people should have their views listened to and they should be involved in decisions
4. **Taking a whole child approach:** recognising that what is going on in one part of a child or young person's life can affect many other areas of his or her life
5. **Building on strengths and promoting resilience:** using a child or young person's existing networks and support where possible
6. **Promoting opportunities and valuing diversity:** children and young people should feel valued in all circumstances and practitioners should create opportunities to celebrate diversity
7. **Providing additional help should be appropriate, proportionate and timely:** providing help as early as possible and considering short and long-term needs
8. **Supporting informed choice:** supporting children, young people and families in understanding what help is possible and what their choices may be
9. **Working in partnership with families:** supporting wherever possible those who know the child or young person well, know what they need, what works well for them in their family and what may not be helpful
10. **Respecting confidentiality and sharing information:** seeking agreement to share information that is relevant and proportionate while safeguarding children and young people's right to confidentiality
11. **Promoting the same values across all working relationships:** recognising respect, patience, honesty, reliability, resilience and integrity are qualities valued by children, young people, families and colleagues
12. **Making the most of bringing together each worker's expertise:** respecting the contribution of others and co-operating with them, recognising that sharing responsibility does not mean acting beyond a worker's competence or responsibilities
13. **Co-ordinating help:** recognising that children, young people and families need practitioners to work together, when appropriate, to provide the best possible help
14. **Building a competent workforce to promote children and young people's well-being:** committed to continuing individual learning and development and improvement of inter-professional practice.

[See more.](#)

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