

## Building the foundations of healthy relationships from pregnancy

Helping parents understand and connect with their baby before birth



Mellow Bumps and Dads-to-be are gender specific group based antenatal programmes, running for six weeks over 2-hour sessions. They aim to decrease stress and isolation, and increase social support in preparation for parenthood.

If a mother experiences depression, anxiety, or stress during pregnancy, the risk of adverse outcomes for her child increases.

(O'Connor et al., 2013).

*“ It gives knowledge, support, a chance to socialise and a place to feel comfortable with others who may share similar issues“*

Mellow Bumps group member



Maternal Wellbeing



Group Support



Paternal Wellbeing



Reducing Stress



Relaxation & Self Care



Awareness of baby development

The likelihood of a man developing depression doubles as he makes the journey to fatherhood.

(Paulson & Blazemore, 2010).

*“ It got you thinking about who you'd like to support you as a family... doing activities that make you feel differently towards her and the baby... I benefitted from the group“*

Mellow Dads-to-be group member

94%

of attendees felt more connected to their baby as a result of attending the group

64%

of attendees reported an improvement in their mental health and wellbeing

84%

of babies were born with normal birth weights

74%

of babies were delivered at full term