



Welcome to Mellow! We are a Non-Government Organisation (registered Charity) founded in Glasgow in 2006. Our vision is that we want every child, wherever they are in the world, to be part of a safe and nurturing family that will allow them and future generations the best possible start in life. We aim to achieve this through our family of programmes and specialised training. Our programmes are designed to address gaps in current service provision and are based on psychological theories of attachment, social learning and cognitive behavioural therapy. All of our programmes are thoroughly evaluated before being made available to services and our internal evaluation team conduct pilots and focus groups. We also have strong links with universities to independently evaluate them for feasibility. We are then able to train people to deliver the programmes in their local services.



Supporting parent-child relationships since 2006



Gender Specific Programmes



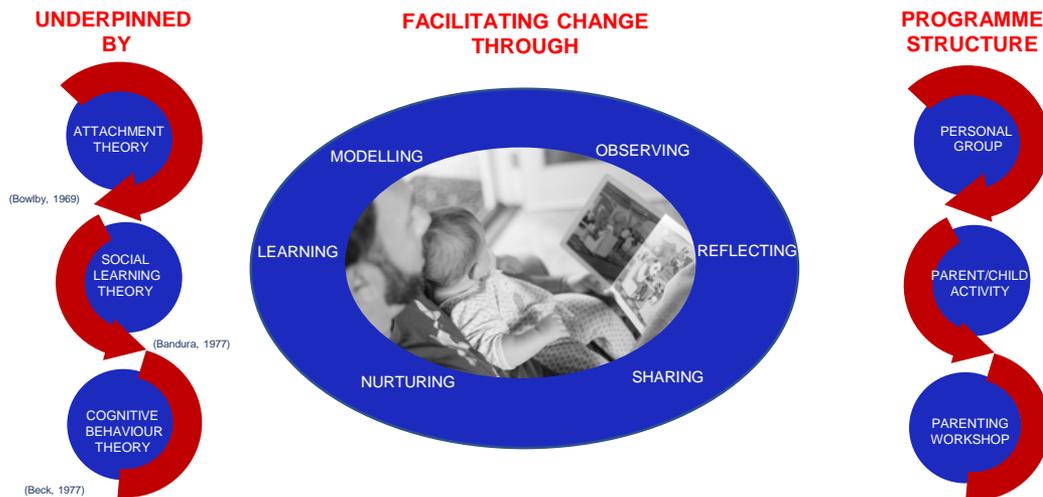
Currently delivered in 8 countries



+4000 practitioners trained in Mellow Parenting Worldwide

## Our Programmes

Early intervention and attuned parenting in the early years has a long term effect on all areas of a child's development. Mellow Programmes have always worked with families who have suffered multiple adversities. We know that childhood can cast a long shadow, even into the next generation, which is why our programmes include opportunities for parents to reflect on their own backgrounds, acknowledge their own trauma and create chances to do something better for their children. Children's behaviour, self esteem, social, emotional and language development all improve dramatically when they know they are loved and experience sensitive care with safe boundaries.



*"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

*"This was the kind of thing that the world's waited on forever- Mellow Dads is great! You get to speak about how you feel about things. You leave with your spirits on a high because you've got these things out and it's the way they approach it, that is incredible."*

Mellow Dads group member

*"Talking about our future and what you're worried about....it's more helpful than bottling it up... to openly speak about it to those who you trust."*

Mellow Ready group member

*"I definitely feel more confident in myself and I've made some really good friends. I feel good as a mother now, and I know if I'm struggling I know I need to ask for help rather than like bury my head in the sand"*

Mellow Mums group member

*"The techniques I learned from the group have really strengthened my relationship with my child. I feel he is much stronger than he used to be."*

Mellow Ability group member



Through our training we support workforce development which promotes mental health and wellbeing

Ensuring that our programmes are delivered to the highest standard is of great importance to us. Which is why our intensive training sessions equip professionals with the skills and tools they need to successfully deliver our groups. Training in our programmes is delivered between 1-3 days depending on which programme suits your service best. All training sessions are experiential and provide trainees with a unique opportunity to experience what it is like for the parents who attend the group. Each training session will provide the trainees with a detailed understanding of:

- 1**

The theory, ethos and principles underpinning Mellow Parenting programmes
- 2**

Evidence of the programmes effectiveness
- 3**

The material and content for each programme
- 4**

How to effectively deliver a Mellow Parenting group

At Mellow, we want our trainees to get the most out of their training. We pride ourselves on delivering value for money with continued support and mentorship beyond the completion of training sessions. Upon completion of the training, you will have access to:

- ★ **Reflective Consultation** as a means of support should any issues arise during the delivery of groups, practitioners will have access to our Senior Trainers.
- ★ **Evaluation support** from our Evaluation Team including bespoke group evaluation reports that can be used to evidence the outcomes and provide feedback to parents, management and funders.
- ★ **First time accreditation** allowing trainees to progress through the accreditation system.
- ★ **Mellow website access** to download resources and materials for delivering groups.
- ★ **Telephone support** from our office based staff.

## Mellow Parenting Programmes



**Mellow Bumps & Dads-to-be**

Mellow **Bumps** and **Dads-to-be** are gender specific antenatal groups, running for six weeks over 2-hour sessions. They aim to improve parental mental health and wellbeing, increase social support and help parents-to-be build their relationship with their baby before birth.

TRAINING: 1 DAY



**Mellow Ability**

Mellow **Ability** is a 14 week group specifically created for parents of children aged between 4-7 who have additional support needs. Ultimately, it's about helping children, parents and families affected by ASN to thrive.

TRAINING: 3 DAYS



**Mellow Mums**

Mellow **Mums** is an attachment and relationship based group for mums who have babies and young children. A typical Mellow Mum's group will run for 14 weeks, one day a week.

TRAINING: 3 DAYS (Going Mellow)



**Mellow Dads**

Mellow **Dads** is an attachment and relationship based group for Dads who have babies and young children. A typical Mellow Dad's group will run for 14 weeks, one day a week.

TRAINING: 3 DAYS (Going Mellow)



**Mellow Futures**

Mellow **Futures** is a perinatal group specifically created for parents with learning difficulties/disabilities to support their mental health and wellbeing, with each family matched to a volunteer mentor. The group runs in two sections, before the baby is born and after the baby is born.

TRAINING: 4 DAYS (Going Mellow + Mellow Futures)



**Mellow Ready**

Mellow **Ready** is a ten-session gender specific group for 14-18 year olds to support their mental health and wellbeing. It provides them with tools to think flexibly, reduce stress and make informed decisions both now, and in the future.

TRAINING: 1 DAY