

## Helping parents build healthy relationships From birth to pre-school

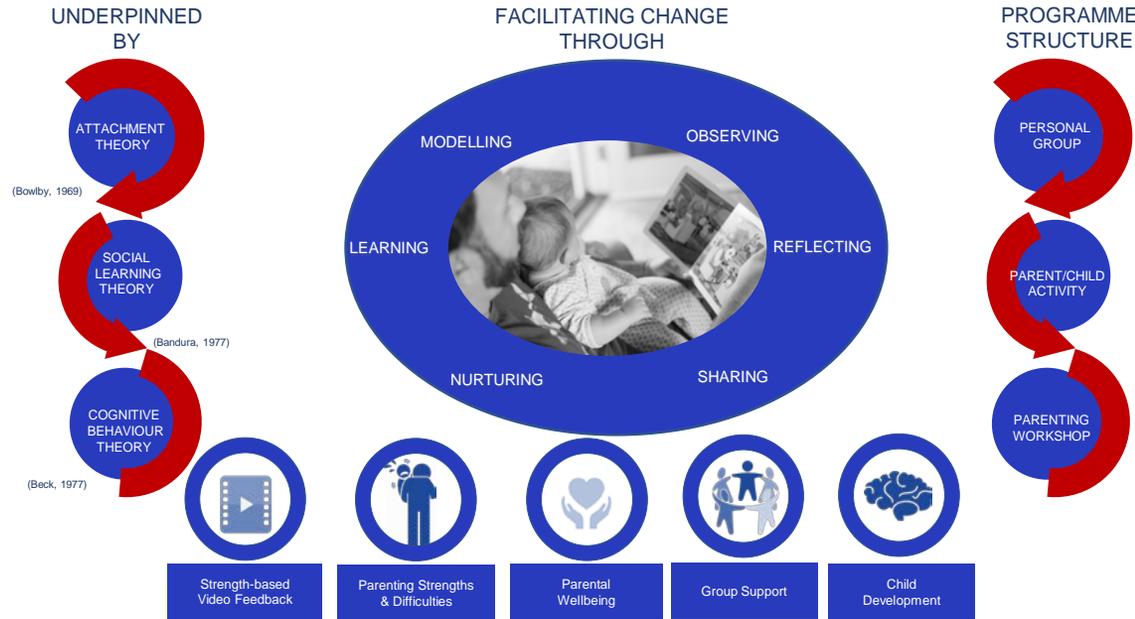


Mellow Programmes have always worked with families who have suffered multiple adversities. We know that childhood can cast a long shadow, even into the next generation, and that is why our programmes include opportunities for parents to reflect on their own backgrounds, acknowledge their own trauma, 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.



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

*"...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 and all causes, in that group it's so relaxing that it's easier to speak to them than a doctor. You leave with your spirits on a high level because you've got these things out and it's the way they approach it, how they do it is incredible. Mellow Dads can work for everybody."*



Mellow Mums group member

Mellow Dads group member

### Parent Outcomes



### Child Outcomes

