

SESSION PLAN

MELLOW BUMPS AND MELLOW DADS-TO-BE

V2 June 2018

SESSION PLAN		Time: 10-16.30	
<p>Aims : To equip Mellow Practitioners with the background knowledge and skills to run a Mellow Bumps group</p>			
<p>Outcomes: Practitioners will be able to describe the rationale for an antenatal intervention including the effects of stress on the attachment relationship and long term outcome for the child Practitioners will be able to identify and recruit suitable families for a Mellow Bumps group and engage families with complex needs Practitioners will be able to run all the Mellow Bumps activities Practitioners will be able to run a relaxation activity with confidence</p>			
Session 1.1 Timing 10.00-11.15	Trainer's activity	Practitioner activity (including any adjustment to individual needs)	Resources
5 mins	Introduction to Mellow Parenting		
10 mins	Facilitate "The Name Game" Trainer begins the exercise to set the model. Discuss method, rationale & what it achieves.	Introduce self by first name only. Tell why you have that name. Tell how you feel about the name	
10 mins	Each person introduces themselves including their professional background and how Mellow Bumps might be useful to them	Participate in sharing experiences of working with groups/parents/parenting programmes.	
20 mins	Make a group agreement and discuss how and why this is done. Discuss clarification of language and terms eg what does confidentiality mean and the balance of confidentiality and safeguarding for baby, mum, other vulnerable people.	Contribute "rules"	Flip chart and pens
30 mins	PowerPoint called MellowBumps and Mellow Dads-to-Be. Discuss the evidence of the effects of pregnancy on long-term outcome for the child. Mellow Bumps Training Slides 6-14	Active listening and questioning	PowerPoint presentation, laptop, data projector and speakers
11.15-11.30	Coffee break		

Session 1.2 Timing 11.30- 13.00	Trainer activity	Practitioner activity (including any adjustment to individual needs)	Resources
10 mins	Aims of the Programmes and associated activities Slides 15-17	Share experiences of working with families with complex needs	
10 mins	How do we get parents to engage? Slides 18-20		
20mins	Distribute Mellow Bumps and Mellow Dads-to-Be Manuals and introduce layout and requirements.		One Bumps and one Dads-to-Be manual per trainee.
15 mins	Introduce content ie one stress-busting adult activity and one baby focussed activity Stress Busting Play “Mum in a million” or Dad in a Million Emphasise getting to the right answer with group agreement and the aim of promoting discussion rather than having the right answer.	Generate answers in the group	“Mum in a million” and “Dad in a Million” software . On trainer’s USB
15 mins	Baby focussed Baby Cue cards. Ensure that trainees explain the cues they are using to draw conclusions, eg eyes wide open, red face, mouth position, hands and arms tense or relaxed	Each trainee choses a card at random and says what they think the baby is feeling and communicating	Baby Cue cards In Box or take with you.
20 mins	Preparing for a group Slide 27	Discuss	Slide 28
Lunch break			

Session 1.3 Timing 14.00- 15.30	Trainer activity	Practitioner activity (including any adjustment to individual needs)	Resources
15 mins	Distribute scenarios of common problems in the group	Discuss in pairs then feedback to whole group	Scenarios
15 mins	Play "Attachment Game" ¹	Play game. Use "Opportunity cards" to mitigate risks.	Cloth counters, two dice, "Opportunity cards"
30 mins	Evaluation 29-36 Stress value of evaluation for their own satisfaction, for managers and for Mellow	Discuss how they will use the evaluation materials in their own setting.	
15 mins	Show video of feedback from Mellow Bumps from Mellow DVD Slide 37	Discuss	Mellow DVD (2015)
15 mins	Discuss how to become accredited including reflective consultation and submitting paperwork. Slides 38 -40 Emphasise the value of accreditation		

¹ This will be available to all Bumps trainers soon.

Session 1.4 Timing 15.45 – 16.30	Trainer activity	Practitioner activity (including any adjustment to individual needs)	Resources
20 mins	Open questions	Ask!	
15 mins	Run a relaxation session using protocol in the manual or another of your choice. Discuss practicalities and what to do if parents are not comfortable with relaxation. Help them find another modality.	Relax	
10mins	Closing session and goodbye.		