

[www.mellowparenting.org](http://www.mellowparenting.org)

# An Introduction to Mellow Parenting

HMP Oakwood

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# What is Mellow Parenting



- \* Charity incorporated in 2006 based in Glasgow.
- \* Research, develop & implement attachment based early interventions.
- \* Training organisation with a suit of early intervention parenting programmes.
- \* Work alongside:
  - \* Practitioners, Services and local authorities
  - \* Academics and Researchers
  - \* Policy makers

# What are Mellow Parenting Programmes?



- \* Early intervention group based parenting programmes.
- \* Our core programmes are pre-birth to pre-school.
- \* Theoretical basis is:
  - \* Attachment theory
  - \* Social learning theory
  - \* Behaviourism
- \* Focus is on improving parent-child relationships and positive interaction.

# Who are the programmes for?

- \* Typically Mellow Parenting groups are offered to and accessed by families experiencing one or more of the following:
  - \* Social work involvement
  - \* Children on child protection register
  - \* Drug/alcohol issues
  - \* Mental illness
  - \* Domestic Abuse
  - \* Involved with Criminal Justice system
  - \* Feelings of isolation and loneliness

# What are we aiming to achieve?



- \* Improved parental mental health and wellbeing.
- \* Improved parental confidence in themselves and their ability to parent.
- \* improved social connectivity.
- \* Continued/further service uptake post group.
  
- \* **Improved parent-child relationship.**
  
- \* Positive child outcomes including reduction in challenging behaviours and increase pro social behaviour.

# Our Family of Programmes



Core programme was for vulnerable high risk women with children under 5 years , we now have a family of programmes :

- \* Mellow Bumps (Antenatal)
- \* Mellow Dads-to-be (Antenatal)
- \* Mellow Mums (babies/toddlers)
- \* **Mellow Dads (babies/toddlers)**
- \* Mellow Futures (parents with LD)

# Baby and Toddler Groups

14 full day sessions normally 1 session per week



## Parenting Workshop (pm)

- Use of video
- Peer support
- Child development

## Lunchtime

- Modelling strategies
- Socialising
- Observing

## Personal Group (am)

- Reflecting on past
- Containment and support

# Thank you !



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