

## Mellow Parenting Board

Mellow Parenting is a Registered Charity, SC0 037384, managed by a Board of Trustees.

The Trustees, as required by Charity Regulations, bring a wealth of experience from a very wide range including: accountancy, law, business development, scientific research, media, psychology, speech and language therapy and medicine.

The Trustees, along with their one paid part-time and one voluntary part-time member of staff, work hard to promote Mellow Parenting through the United Kingdom, Europe and further afield.

## Mellow Parenting Trainers



The Mellow Parenting Trainers train practitioners to run the Mellow Parenting Programme. The majority of our Trainers are externally employed, and again bring vast experience from health visiting, nursery nursing, psychology and social work. The Trainers, who are all experienced Mellow Parenting Practitioners, go through a rigorous process before they "graduate" as Trainers, ensuring programme fidelity.

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

## What is Mellow Parenting

Mellow Parenting is a 14 week one-day-a-week group designed to support families with relationship problems with their children.

It combines personal support for parents with video and direct work with parents and children on their own parenting problems.

It has proved effective in recruiting and engaging families with severe problems.



Mellow Parenting meets the criteria recognised by the NICE guidelines for effective parenting programmes

- Structured programme based on social learning theory
- Sufficient sessions to maximise benefit
- Homework to rehearse new skills
- Delivered by trained and supervised practitioners
- Programme developer's manual
- Cohort studies have been completed and randomised controlled studies are underway
- Infrastructure and support to enable parents who may find access difficult
- Crèche provision for all children in the family

All Mellow Parenting costings are calculated on this basis.

Sure Start Childrens Centre Practice Guidelines November 2005 recommend Mellow Parenting as an effective evaluated programme.

## Components of Mellow Parenting

- Emphasis on parental engagement and empowerment
- Personal group for parents while children are supported in children's groups
- Shared lunch time for children, parents and staff
- Lap games and songs to promote mutual enjoyment
- Individual analysis of video tape of family mealtime
- Activities and outings to practice new skills and build a repertoire of skills
- Structured parenting workshops
- "Have a go!" homework to reinforce new skills
- Built-in objective and subjective measures of change

Mellow Parenting is an evaluated programme for families with identified relationship problems. It relies on the assumption that parents' own experience of being parented, and their current relationships, help or hinder the development of their relationship with their child. Where parents have had a poor childhood experience and have little current support, then development of a good relationship with their child is difficult.

To start to change this cycle of disadvantage, we explore their past and current relationships and work directly on parent/child interaction. This is very demanding work as many of the participants have had very adverse childhoods and have not had opportunities to develop experiences of trust, which affects their capacity to make good relationships with partners, children, friends and helping services.

Mellow Parenting is designed to support the parent as well as change parenting (*Every Child Matters 2005*).

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

## Supervision

Supervision by Mellow Parenting Trainers during the first parenting group is essential for programme fidelity and can be arranged via the Mellow Parenting office.

The programme has been replicated successfully in many areas. We encourage groups to return their evaluations to us as part of quality assurance.

## Mellow Parenting Practitioners Day

All trainees completing their three-day core Mellow Parenting Training are awarded a Certificate of Attendance and are thereafter invited to attend the annual Mellow Parenting Practitioners Day.

The Practitioner's Day brings together all Mellow Parenting Practitioners for an overview and update, with additional workshops being led by Trainers.



Whilst focusing on the Mellow Parenting Programme, the day provides an excellent opportunity to meet and hear from Practitioners throughout the World.

To encourage as many as possible to attend, the fee is kept as low and the venue as central as possible.

Dates are listed on the [Mellow Parenting Website](http://www.mellowparenting.org).

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## Training Courses

There are two ways you can undertake Mellow Parenting Training: Training groups consist of between 8 and 12 participants.

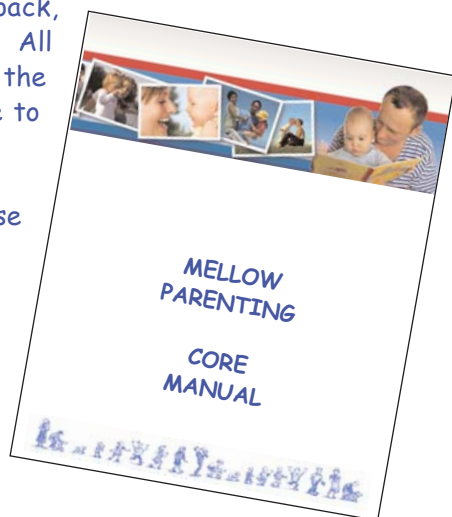
External training courses lasting three days are run for individuals or small professional groups in areas around the U.K.

Mellow Parenting Trainers can also deliver the three-day training for up to 12 staff on your own premises, as an Internal Training Group.

## Training Fees

Fees include full three-day training, full Mellow Parenting and "Learning to observe" Manual, evaluation pack, research papers and training DVD. All training material is supplied during the training period and does not require to be purchased at a later stage.

For up-to-date training fees please visit the Mellow Parenting Website.



## Training Venues and Dates

For further information on dates and venues, please visit the Mellow Parenting Website.

## Application Forms

Application Forms are downloadable from the Mellow Parenting Website.

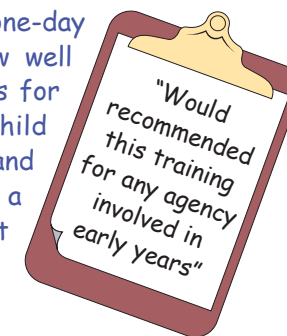
[www.mellowparenting.org](http://www.mellowparenting.org)

## Applications of Mellow Parenting

As well as the core Mellow Parenting Programme for under fives, programmes based on the same principles have been developed for Babies, Fathers, Kinship Carers, Couples and Parents in Prison. A parallel therapeutic programme is also in development for children in groups, as is an activity pack for parents and children.

## Mellow Babies

The Mellow Babies Programme, which has a one-day additional training and separate manual, is now well developed. The programme incorporates modules for adult mental health, child-care skills, child protection and activities suitable for parents and babies. The programme has been applied in a number of settings to include mothers with post natal depression and families with child protection concerns.



## Mellow Dads

Pilot versions of the core programme have been developed and run for fathers. While these have not yet been evaluated, fathers engaged well with the programme and gave positive feedback on their involvement.

## Kinship Carers

Groups often include grandparents or other kinship carers who are caring for children because of the incapacity or absence of their parents. However, a specialist programme has been run specifically for grandmothers. This is understandably a complex intervention, in which carers have to reflect on their parenting, and face the failure of their child to tackle the tasks of being a parent, as well as the current issues of caring for a grandchild at a stage at which they expected to enjoy retirement.

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

## Couples

The core programme has been successfully run for couples by a male and female practitioner together. The group was split for gender specific parts of the programme but the vast majority of the core programme and parenting workshops were shared.

## Parents in Prison

Aspects of the Mellow Parenting Programme have been incorporated into the Parenting Education module at Shotts Prison. Evaluation of this is clearly difficult, but fathers who undertook the programme earned enhanced parent visits from their children, in which they interacted freely in a relaxed setting provided with a variety of toys. No violations of security, which would result in fathers losing this privilege, have resulted.

## School-Age Programme

Versions of the school-age programme have been run in an Integrated Learning Community and also in a clinic setting with a parallel children's group. A research evaluation of this programme is underway.



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

## Training

Frequent three-day courses in the core Mellow Parenting Programme are run to train practitioners who can come from a variety of child care and child mental health backgrounds.

Running a Mellow Parenting Group is personally and professionally demanding. You will be asked to reflect on your personal experience during training and in running the group.

The three-day core training is run for up to 12 participants and aims to give participants a taste of working with a group as well as familiarity with the materials and methods of Mellow Parenting.

The Trainers see Mellow Parenting as being reflective, that is, the experience of being an individual in the group mirrors the relationship the parents might hope to make with their child, showing warmth, autonomy and respect within appropriate limit-setting and containment.

The full materials needed to begin running a Mellow Parenting Programme and some supervision are included in the initial training costs; participants are provided with the Mellow Parenting and Coding Manuals, an evaluation pack and training DVD.

Active participation, practice and involvement are expected. Participants will take lunch and breaks together as in the group.

## Mellow Babies Training

One-day courses in the Mellow Babies Programme are run for Practitioners who have completed the core three-day training.

The Mellow Babies manual is included in the cost of training.



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



## What people say about us

Quotes from Practitioners on completing their three day core training



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

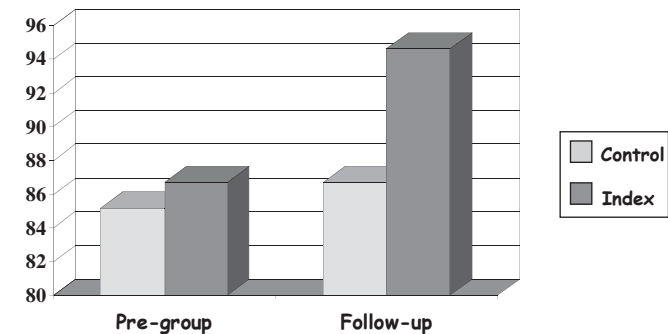
## Effectiveness:

Mellow Parenting has been shown to be effective in engaging hard-to-reach families with children under five, and in helping them make changes in their relationships with their children.

49 out of 54 mothers attended at least 12 of the 14 scheduled sessions. An evaluation by the Department of Health has shown that, compared with other parenting programmes run in family centres, the programme improves:

- mother-child interaction
- child behaviour problems
- mothers' well being
- mothers' effectiveness and confidence in parenting
- children's language and non-verbal abilities

WPPSI Verbal Scale



These changes are sustained over an eighteen-month follow up.

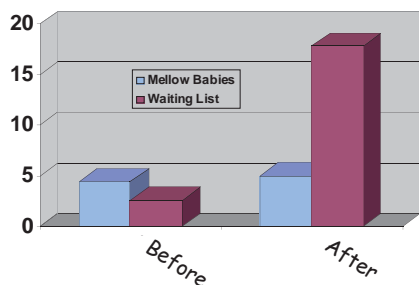
Seven-year follow up has shown a dilution of the effects on language and development, but a sustained improvement in the children's behaviour as rated by their teachers.

The programme is undergoing a randomized waiting list controlled trial to provide a "gold standard" of research evidence.

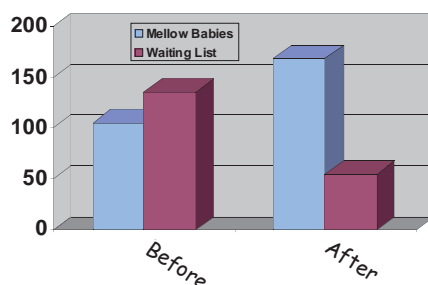
[www.mellowparenting.org](http://www.mellowparenting.org)

The Mellow Babies programme has undergone a randomized waiting-list controlled trial with clinically and statistically significant effects on maternal depression and mother-child interaction, and a reduction in the need for Child Protection Registration and compulsory measures of care. Engagement and attendance at groups is very high (80% of families attended 80% of sessions).

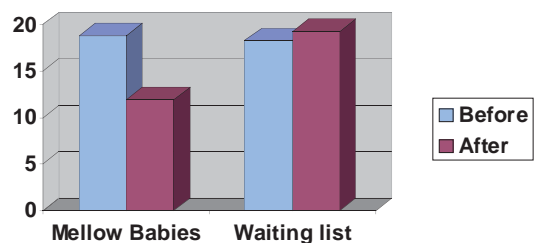
Negative Interaction Measures in Mellow Babies and Waiting-list Control groups



Positive Interaction Measures in Mellow Babies and Waiting-list Control groups



Edinburgh Postnatal Depression Scale in Mellow Babies Group and Waiting List Controls



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