

# Mellow Parenting



## Supporting parents to raise confident children

A 14-week parenting group for mothers with children aged one to five years old.

A partnership between: Family Support, Islington & Growing Together, Whittington Health

### Who is Mellow Parenting for?

The group is for mothers with children aged 1-5 years who experience low mood or anxiety, and live or have a GP in Islington. Lots of parents feel stressed, overwhelmed, worried, sad and frustrated. This doesn't mean you aren't a good parent. Helping yourself will in turn help your child, and your relationship.

### **Coming to Mellow Parenting can:**

- Increase positive parenting skills and confidence
- Improve relationships between parents and children
- Enhance children's development and improve behaviour
- Reduce stress and anxiety, improve parent's mood
- Help you improve and enjoy your family life

*"The group benefited me regarding shouting - I've been a lot calmer and I have been speaking in the way my children understand without getting angry."*

### What is Mellow Parenting?

Mellow Parenting groups help parents who would like support with the emotional challenges of parenting.

This is done by sharing parenting ideas and experiences in the group, talking about the past and the present, with the help of the group leaders.

We aim to help parents feel less isolated, and to help children develop good routines, manage their emotions, and build positive relationships. Videos are used to share advice and support around parenting challenges with other parents. This is to help you get a new perspective and insight on being a parent.

## Making a video:

- The group facilitators will take a short video of you and your children, in your home, before you start the group
- You will then watch it back together, looking for things that went well and things you might want help with
- Parents say looking at the video of them with their child helps them learn more about how they interact with their children

## What's involved?

- There will be a maximum of 10 mothers in the group
- We meet one day a week (9.30am-3pm) for 14 weeks

*"Seeing the end result is the incentive. When your child behaves how you want him to."*

## Morning Session:

- Children in crèche
- Personal group – a safe space to think about yourselves and your experiences

## Lunchtime:

- Parents, children and staff share lunch together (food provided)
- Fun activities and songs

## Afternoon Session:

- Children in crèche
- Parents' workshop - understanding and managing children's behaviour. Includes discussion, use of video, and 'Have a Go' tasks to try at home

## About the group leaders

One group leader will be a family support worker currently working with families in Islington. The other group leader will be a therapist from Growing Together, which is a service which provides support to parents with mental health difficulties and their young children in Islington. All of our group leaders are experienced and trained to run this group. They will build on your strengths, help you make the changes you want to see and support you to learn and practice new skills.

*"It creates a space to reflect on yourself as a parent and the experiences that shaped you as a parent and a person."*

*"It was great as a mum as I was able to hear other experiences"*

## [How can I find out more and join the group?](#)

You can contact Growing Together directly on **0203 3161824** or talk to a family support worker at your local children centre to ask any questions about the next group.

If you think this group is right for you and your child(ren), you can ask your doctor, health visitor or a member of staff at your children centre or nursery to make a referral.

The group leaders will then arrange to meet with you to decide together if this group is the best intervention for your family. If it isn't, they will help you find alternatives.

## **Mellow Parenting runs regularly in children's centres across Islington**

Each group starts with some short settling in sessions

Sessions are then run weekly, 9.30am – 2:30pm, for 14 weeks

Group does not run in school holidays

Crèche and lunch is provided

**Next Group:** Groups run regularly. For the next start date, please contact us. Locations are across the borough of Islington.

For more information contact the Growing Together Team:

**Tel: 0203 316 1824**