

Following referral, you will be contacted by one of the Mellow Bumps Facilitators who will contact the family to introduce the Mellow Bumps Programme to them and get their consent to attend.

If at this point, the mother does not wish to join the group, you will be informed. At the end of the group, with the parents' consent, you can request feedback on their engagement.

Participating families are given assurances of confidentiality. However, they will be told that any safety issues for themselves or child protection concerns will be disclosed to the referrer or following agency guidelines.

Mellow Bumps is being rolled out in Croydon.

For enquiries and to discuss referrals, contact:

Parenting and Relationship Hub
Early Intervention Support Service
Bernard Weatherill House
8 Mint Walk
Croydon CR0 1EA
Phone: 0208 606 262
Email: Karen.Ploghoeft@croydon.gov.uk



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**A Group for
mums-to-be
with additional
health and social
care needs.**

Referrer's Leaflet



Every parent-to-be wants the best for their baby.

Research evidence has shown that stress in pregnancy has an adverse long term effect on the well being of the child. Anxiety and depression in pregnancy are very strong indicators of post natal mental health problems which have a damaging effect on the child. Mother's general and mental health during pregnancy is one of the prime indicators of well being for the baby.

This six week group is designed to help mothers chill out and relax. The focus will be on what the baby can already do and what can be done to make him or her welcome.

Pregnancy can be especially hard for mothers who have not had a good childhood or are under stress or experiencing health problems just now.

Getting together with other mums-to-be and sharing ideas can be really supportive and be an opportunity to begin to address issues in the mother's life as well as prepare for the baby.

This group is based on the Mellow Parenting principles and is targeted to families with additional needs.

The group is for mothers between 20 and 30 weeks gestation. This period is chosen to cover the time when the pregnancy is likely to be secure and mothers are likely to have felt foetal movements but before mothers become preoccupied by the impending delivery and pain relief.

The group will be run by trained and experienced practitioners following a specially designed structured programme. The programme includes video material to introduce mothers to baby brain development and the social capacities of babies from birth. The mothers will also be helped to identify their own needs and how to get support both in pregnancy and after the birth of their baby.

The groups will be small and held in a non threatening environment where mothers are made to feel welcome and respected.

Users of the group to date have included families with intensive levels of need, including addiction issues, previous child protection concerns, teenage parents and mental health concerns including the effects of trauma, domestic violence and childhood sexual abuse.

Engagement has been good, with even very troubled mothers finding confidence and support in the Mellow Bumps Group.

A specialised version of Mellow Parenting, based on the core principles, has been developed for parents-to-be. The programme addresses both adult mental health and child protection.

If you would like to refer, please discuss the group with your client and ensure that they wish to hear more about the possibility of them attending before you refer them to Mellow Bumps.

Referral should then be made through the Early Help Hub. The referral form can be downloaded from Croydon's practitioners space at <https://www.practitionerspacecroydon.co.uk/> or you can contact the Parenting and Relationship Hub (details overleaf).