

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.

How can I find out more and join the group?

Please ask your health visitor, GP or the staff at your local children's centre to refer you to Growing Together. Alternatively, you can self-refer, by calling iCope on **0303 123 1000**.

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.

We are a partnership between iCope, Adult Mental Health service (Camden and Islington NHS Foundation Trust) and Child and Adolescent Mental Health services (Whittington Health NHS Trust) and information is shared between the two NHS Trusts.

Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

The Next Mellow Parenting Group:

Date: Tuesday 25th September 2018
Location: Bemerton Children's Centre

For more information please contact the **Growing Together Team:**

Tel: 0203 316 1824

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

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Mellow Parenting

Supporting parents to raise confident children



A 15 week parenting group for mothers with children aged one to five years old

A partnership between:

Family Support, Islington
& Growing Together,
Whittington Health NHS
Trust



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

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

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

What's involved?

- There will be a maximum of 10 mothers in the group
- We meet one day a week (9.30am-2.30pm) for 15 weeks
- Taxis are provided for all families

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