

Mellow Parenting

This group offers mental health support to parents of children aged 1-5 who would like support with the emotional challenges of parenting. The group supports parents, who experience low mood or anxiety, to feel less isolated through the sharing of ideas and experiences with other parents. Children will be supported to develop good routines, manage their emotions and build positive relationships. Delivery includes group discussion, use of video and 'have a go' tasks to try out at home. Sessions include a morning and afternoon session (during which, children are in a crèche). Children re-join parents at the lunch break when they share a lunch together and play fun activities and sing songs.

Length of programme: 17 weeks. Each session is 5 hours (9.00am-1.30pm).

Lunch and Crèche are provided.

WHO SHOULD ATTEND?

This group is for parents of children aged 1-5 years. Parents must live in Haringey. *A maximum of 10 parents will be accepted onto each group.*

TOPICS COVERED

1. Increase positive parenting skills and confidence as a parent.
2. Improve relationships between parents and children.
3. Enhance children's development and improve behaviour.
4. Reduce stress and anxiety and improve parent's mood.
5. Help you improve and enjoy your family life.
6. Support around sleeping and feeding.

WHERE & WHEN ARE THE GROUPS DELIVERED?

Venue: Triangle Children's Centre (term time only).

Time: 9am – 3pm

Refer to the parenting programme timetable for details of the next programme –

HOW DO I GET ONTO THIS GROUP?

Parents should speak to a professional (e.g. GP, Health Visitor, Nursery Staff, Fsw and social workers) about being referred to Mellow Parenting. Parents referred to this programme will be invited to meet with the programme facilitators.

Professionals to refer by email : Parentingprogramme@Haringey.gov.uk

WHO DO I CONTACT?

**Contact Name: Alex Constantinou
Nazneen Hakim**

E-mail: Parentingprogramme@Haringey.gov.uk

Other Details

Who is this service for?

Parents of children aged 1-5 years. Parents must live in Haringey.