

Mellow Babies

Programme Content

Mellow Babies is a 14-week Parenting programme for parents/carers of babies from birth to one who have a Child Protection Plan. Mellow Babies is designed to:

- Develop a close relationship between mother and child
- Support the mother's mental health
- Promote mother and baby interaction.

Access Pathway

Mellow Babies will help parents who have:

- Mental health problems including depression and post-natal depression
- Anxiety or stress
- Alcohol misuse problems
- Child maltreatment problems.

Parents wishing to access the programme or agencies wishing to refer their clients on to the programme can contact the Family and Parenting Team on (0191) 443 2908.

Next Steps for Parents

- Family Learning or adult learning. For information about current provision, contact Family, Adult and Community Learning on (0191) 561 2620
- A community activity. Search the directory to find one <http://www.familiesinfoservice.com/findaservice.html>
- Volunteering. For details of the training package and induction available to local parents/carers, contact your local Children's Centre.