

Mellow Parenting

Programme Content

Mellow Parenting is a 14-week Parenting programme for parents/carers of children under 5 who have a Child Protection Plan. Mellow Parenting is designed to help parents to:

- Manage their children's behaviour better
- Respect their children
- Work co-operatively with their children
- Regain parental control
- Recognise and manage their own emotional needs
- Have more self-esteem

Access Pathway

Mellow Parenting is for parents who have:

- Mental health issues including depression and post-natal depression
- Anxiety or stress
- Alcohol misuse problems
- A Parenting Order
- Parent/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.