

For further information, please contact:

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Action for Children helps the most vulnerable children and young people in Scotland break through injustice, deprivation, and inequality, so they can achieve their full potential.

Action for Children, whose registered address is at 3 The Boulevard, Ascot Road, Watford WD18 8AG and registered as a charitable company limited by guarantee in England & Wales under number 4764232. Registered charity numbers 1097940/SCO38092.

## Confidentiality

Service User's information is treated as confidential within the project and will only be shared with the knowledge and permission of the service user except when a child or vulnerable person is at risk.

## Equality & Diversity

We respect differences in ethnic origin, gender, religion, sexuality, culture and language both as an employer and service provider.

We will endeavour to communicate in people's first language and will ensure participation of those with disabilities.

## Participation

Young people and their families will be included in meetings and reviews about the progress they are making and their views will be sought before any decisions are made.

They will be asked for their views about the service they are receiving.

They will be encouraged to assist in the shaping and developing of the service.

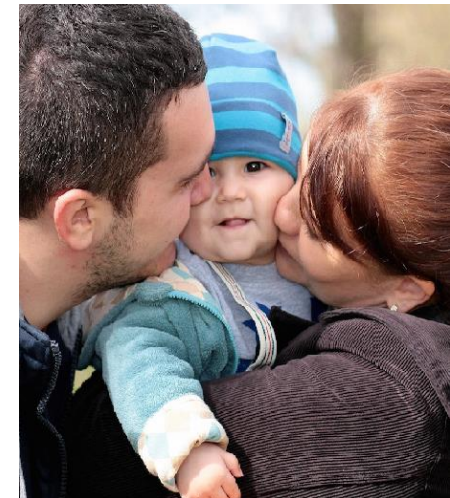
## Comments / Complaints

If you have any problems or concerns regarding the service, please speak to a member of staff. Any problems or concerns will be dealt with promptly.



**Mellow Parenting**

PROMOTING PARENT CHILD RELATIONSHIPS



*"I now know toys and expensive outings aren't what kids want. They want your time and your attention. Before*

*Mellow I just thought tantrums were tantrums but now I know why Dean has tantrums and understand how he feels”* **Mellow Mum**



Being a parent is both rewarding and challenging, no parent is perfect! Getting together with other parents in a safe, supportive, and friendly environment can really help as no one is an expert and we can all learn from one another.

### ***Mellow Parenting can help to:***

- Increase child/parent bonding
- Empower parents

- Increase confidence
- Increase self esteem

## **What is Mellow Parenting?**

Mellow Parenting is a 14-week course delivered within a group setting. It is designed to support and build parents confidence in parenting and make positive changes in their relationship with their children. The groups run in groups with just mums or just dads and with a child under 5 years old.

## **What will it be like?**

Parents will be supported to work together while children are cared for in a crèche. During the Parenting Workshop parents own videos are used to help them build on their strengths and improve skills.

- Mellow Parents is about improving attachments and relationships
- For parents with children under five

- A Mellow Parents group will run for 14 weeks. One day a week run between 10am and 2:30pm
- Children are in a children's group while the parents meet together

Over lunch parents and children eat together and join together for an activity. This allows the parent and child to share in fun activities to build and strengthen their relationship and also give parents ideas for cheap/free activities to do at home.

In the afternoon parents participate in a parenting workshop where they will do activities, watch video feedback of the parents own videos to build on their strengths and practice new ways of relating to their children. Parents are also encouraged to “HAVE A GO!” at home putting into practice the things they have learned.

