Attachment theory is the foundation of Mellow with a particular emphasis on the transmission of attachment and relationship styles across generations. The programme has a particular focus on how our own childhood and adult experiences impact our own parenting.

* Morning- The programme throughout the day is split up into three parts. In the morning the babies will be cared for in the creche, while the mum’s focus on building relationships with the other mums, trust, reflecting on their own experiences, healthy relationships, their pregnancy and birth, safeguarding, their hopes for the future.

* Lunch-the babies will join us at lunchtime where we will have lunch and then do a child friendly activity such as bubbles, baby massage and messy play.

* Afternoon-The babies will return to the creche and the afternoon session will focus on the children where we will cover, emotional and social development, mum’s expectations of parenting their children, the importance of play, talking and listening to babies, harmful parenting, safety and preparing for toddlers.

Strengths based video feedback is a unique component of Mellow group with the goal that when a parent watches a video of themselves and their child, it can help them see what works and what doesn’t work so well, thus supporting change in their behaviour. It provides evidence of what they are getting right with their child, and the chance to reflect on what they want to change. Using the video feedback allows parents to think about what the world is like for their child.