Following referral, mothers will be contacted by one of the Mellow Bumps Facilitators who will introduce the Mellow Bumps Programme to them and confirm their consent to attend.

At the end of the group, with the parents' consent, you can be given feedback on their engagement.

Participating families are given assurances of confidentiality. However, they will be told that any safety issues for themselves or child protection concerns will be disclosed to the referrer or following agency guidelines.

Download a Mellow referral form at:
http://www.mywalsall.org/walsallearlyhelp/parenting/

Or contact below for referral forms:

Walsall Early Help Hub incorporating Families Information Service
0300 555 2866 option 1

Early Help Hub, Zone 2D, Civic Centre, Darwall Street, Walsall, WS1 1TP

You can also email enquiries and referrals to
WalsallFISParenting@walsall.gov.uk

Mellow Bumps

A Group for mums-to-be with additional health and social care needs.

Professionals Leaflet

Every parent-to-be wants the best for their baby.

Research evidence has shown that stress in pregnancy has an adverse long term effect on the well being of the child. Anxiety and depression in pregnancy are very strong indicators of post natal mental health problems which have a damaging effect on the child. Mother's general and mental health during pregnancy is one of the prime indicators of well being for the baby.

This six week Mellow Bumps group is designed to help mothers with extra health and social care needs chill out and relax. The focus will be on what the baby can already do and what can be done to make him or her welcome.

Pregnancy can be especially hard for mothers who have not had a good childhood or are under stress or experiencing health problems just now and getting together with other mums-to-be and sharing ideas can be really supportive. It is also an opportunity to begin to address issues in the mother's life as well as prepare for the baby.

This group is based on the Mellow Parenting principles and is targeted to families with additional needs.

The group is for mothers approximately between 20 and 30 weeks gestation. This period is chosen to cover the time when the pregnancy is likely to be secure and mothers are likely to have felt foetal movements but before mothers become preoccupied by the impending delivery and pain relief.

The groups are run by trained and experienced practitioners following a specially designed structured programme. The Mellow programmes include video material to introduce mothers to baby brain development and the social capacities of babies from birth. Through Mellow Bumps group mothers will also be helped to identify their own needs and how to get support both in pregnancy and after the birth of their baby. The groups will be small and held in a non threatening environment where mothers are made to feel welcome and respected.

The 6 week Mellow Bumps group is being rolled out across Walsall to meet the needs of pregnant mothers with additional health and social care needs. The Mellow Bumps programme forms part of a specialist parenting programme offer to parents in Walsall.

The criteria to access the specialist Mellow programmes in Walsall is as follows: pregnant mothers or parents living in Walsall with children on Child Protection Plans (CP), Child in Need Plans (CIN), and or Toxic Trio issues (Mental Health, Domestic Abuse, and Substance Abuse) and or histories of being poorly parented themselves such as those in or Leaving Care. The groups are also beneficial for or those dealing with the affects of trauma or childhood sexual abuse and teenage mothers.

If you would like to refer to the Mellow Bumps (pregnant mothers) or the Core Mellow programmes- Mellow Mums / Mellow Dads (for parents of children 6weeks old to 10years old) with specialist needs (see criteria above), please see the reverse of this leaflet for details.

Please do discuss the Mellow Bumps group referral your client and ensure that they wish to hear more about the possibility of them attending before you refer.