

Mellow Bumps

Mellow Bumps program is offered in collaboration with Mellow Parenting based in Glasgow, Scotland.

Mellow parenting programs are based on research and have been delivered across the globe since 1996, making them specialists in the field. Mellow Bumps is a seven week group based antenatal programme for parents to be. The programme aims to decrease the stress levels of parents-to-be in pregnancy, improve their own wellbeing and help them to build a relationship with their baby before birth. Babies are born ready to interact and this interaction is important for brain development, social and emotional development. Each week there is a theme for the mum or dad, support group session, a baby activity and a relaxation exercise.

Mellow Bumps is a seven week group based antenatal programme for expecting parents. The

programme aims to decrease the stress levels of expecting parents, improve their mental wellbeing and help build a relationship with their baby before birth. It supports parents to understand that babies are born ready to interact and the importance of this

interaction on brain development, social and emotional development of the baby. Each week there is a theme for the mum or dad, support group session, a baby activity and a relaxation exercise. Mellow Bumps (for moms to be) is offered between 20-30 weeks gestation to capture the period when the pregnancy is most secure, and the parents would have experienced foetal movement. The program ends before attention is taken up with the preparation for the arrival of the baby. These programmes will be conducted both online and offline.

Mellow Dads

Similar to the mums group, mellow dads is intended to reduce the stress levels to allow them to better

support their partners during pregnancy. While the programme was originally designed to be offered to mums during pregnancy, Mellow Dads was designed for partners who wish to be more involved in supporting the pregnancy and help achieve better outcomes for their babies. It will also offer a safe space for dads-to-be to understand and discuss how to cope with certain pregnancy related anxieties like finance, managing work alongside parental responsibilities, coping with the changes in lifestyle and learn self care.