

Following referral, you will be contacted by one of the Mellow Bumps Facilitators who will arrange a home visit to the family to introduce the Mellow Bumps Programme to them and get their consent to attend.

If following this home visit, the mother does not wish to join the group, you will be informed. At the end of the group, with the parents' consent, you will 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.

**Enquiries and referrals can be made via**

**Natasha or Mumtaz**  
**Toyhouse**  
**The Toyhouse Centre**  
**92 St. Paul's Way**  
**London E3 4AL**

**Phone: 020 7987 7399**

**Email: [natasha.forbes@toyhouse.org.uk](mailto:natasha.forbes@toyhouse.org.uk)**

**[Mumtaz.begum@toyhouse.org.uk](mailto:Mumtaz.begum@toyhouse.org.uk)**

**Website: [www.toyhouse.org.uk](http://www.toyhouse.org.uk)**



**A group for  
mums-to-be,  
especially those with  
additional health or social care  
needs**

**Next course starts:  
5th JUNE 2025**

**Running for 6 weekly x 2hour sessions:  
In June and July 2025**

**\*\*Referrer's 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 wellbeing 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 **wellbeing** for the baby.

This six-week group is designed to help mothers **bond** with baby and **relax**. The focus will be on what the baby can already do and what can be done to make your baby welcome.

Pregnancy can be especially hard for mothers who have **not** had a good childhood, are under stress or experiencing health or housing problems. Getting together with other mums-to-be & sharing ideas can be really **supportive**. It can be an opportunity to begin addressing issues in the mother's life, as well as prepare for the baby.

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

The group is for mothers **between 20 - 30 weeks gestation**. This period is chosen to cover the time when the pregnancy is likely to be secure & mothers are likely to have felt foetal movements but before mothers become preoccupied by the impending birth.

The group will be run **by trained and experienced practitioners** following a specially designed structured programme. The programme includes video material to introduce mothers to baby brain development and the social capacities of babies from birth. The mothers will also be helped to identify their own needs and how to get **support** both in pregnancy & after the birth of their baby.

The group is **small**. We create a **non-threatening environment** where mothers are enabled to feel **welcome & respected**.

Users of the group to date have included families with **varying levels of need**, including addiction issues, previous child protection concerns, teenage parents and mental health concerns including the effects of trauma, domestic violence and childhood sexual abuse.

Engagement has been good, with even very troubled mothers finding **confidence** and **support** in the Mellow Bumps Group.

A specialised version of Mellow Parenting, based on the core principles, has been developed for parents-to-be. The programme addresses both adult mental health & child protection. Following the birth of baby, Toyhouse facilitates a small Mellow Bumps Plus weekly group session

**Mellow Bumps is being facilitated at The Toyhouse Centre**

**If you would like to refer, then please discuss the group with the mum-to-be, ensuring they wish to hear more about the possibility of them attending, before you refer them to Mellow Bumps.**

**Referral should then be made using the referral form which can be obtained directly from the group facilitators named overleaf.**