

## **EYPP Parent Support Partnership Proposal**

# **EMPOWERING PARENTS TO FEEL MORE CALM, CONFIDENT AND CONNECTED IN THE EARLY YEARS**

**Proposed by:**

**Sarah Allan – Mindful Parent Club**  
Early Years Parent Coaching & Education





## Overview

This proposal outlines a parent support partnership intended to complement existing early years provision by strengthening children's emotional wellbeing, behaviour, and readiness to learn through direct, supportive coaching and education for parents.

Mindful Parent Club offers the **Empowering Parents to Feel More Calm, Confident and Connected in the Early Years** initiative, which can be funded through EYPP and aligns with outcomes relating to parental engagement, emotional development, learning at home, and reducing barriers to children's progress.



## Rationale

Many early years settings are delivering strong, high-quality care and education within the nursery environment to support children's holistic development. However, settings often have limited influence over what happens at home, despite the home environment being widely recognised as having a significant influence on children's social and emotional development, behaviour, and readiness to learn.

This partnership focuses on supporting parents in a proactive, non-judgemental way, helping to create greater consistency of care between home and setting and bridging the gap between what children experience across both environments.





## The Programme

**Empowering Parents to Feel More Calm, Confident and Connected** is an evidence-based parent support initiative that blends developmental knowledge, practical tools, and reflective coaching.

The programme supports parents with:

- Understanding and managing challenging behaviours, including tantrums, meltdowns, hitting and power struggles
- Supporting both child and parent emotional wellbeing
- Establishing routines and boundaries that are clear, consistent and developmentally appropriate
- Building confident, responsive parenting skills in the early years



## Our Approach

The programme is underpinned by current research in child development, attachment and neuroscience.

Mindful Parent Club delivers all education and coaching through a “**power-with**” approach, reflecting best practice in family support and safeguarding.

This approach avoids a professional-versus-parent dynamic and instead works collaboratively with parents in a respectful, strengths-based and non-judgemental way, recognising parents as key partners in supporting their child’s development and wellbeing.



## What makes us different?

This service is intentionally designed to:

- Offer early, preventative support, rather than waiting until difficulties escalate
- Take a growth-focused approach, building parent confidence and capacity
- Be relationship-led and non-judgemental, supporting engagement
- Consider parent wellbeing and child development together
- Integrate child development, brain, and nervous-system understanding into practical, everyday strategies

Parents are supported to feel more confident and capable, which in turn supports children's emotional development and learning.





## EYPP Alignment

This partnership represents a clear and appropriate use of EYPP funding by:

- Supporting disadvantaged children through improved consistency and support at home
- Strengthening parental engagement and learning within the home environment
- Complementing the high-quality provision already in place within the setting
- Offering a sustainable, preventative approach, rather than short-term or reactive intervention
- Providing a clear rationale and identifiable outcomes to support EYPP accountability



## Outcomes & Impact

Settings can expect to see:

- Increased parent confidence and engagement
- Improved consistency with routines and transitions
- Reduced emotional escalation and behaviour-related pressures
- Stronger alignment between home and setting approaches
- Clear evidence to support EYPP decision-making

Impact can be evidenced through parent feedback, staff observations, and reflective evaluation aligned with EYPP priorities.





## Implementation & Next Steps

Delivery format, timeline, and cost are agreed collaboratively to align with the setting's EYPP priorities and the needs of its families.

**Next step:** A short conversation to explore fit, scope, and funding alignment.



## Previous Partnerships

**Mindful Parent Club has worked in partnership with early years providers, including Kids Planet and Back To The Garden Childcare, delivering parent workshops and coaching. Feedback from Back To The Garden Childcare includes:**

*"Mindful Parent Club recently delivered a workshop for our nursery parents, and it was absolutely invaluable. Sarah shares her knowledge in a down-to-earth, relatable and accessible way, while also providing evidence-informed guidance that supports children's emotional development and behaviour. The practical tools shared are easy for parents to apply at home and have a meaningful impact."*

*"Every parent and carer would benefit from time spent with Sarah. Her work is so important – parenting can be challenging, and she supports parents to understand this as part of developing skills over time. We would 100% work with her again, both as a nursery and personally as parents."*

**– Sadie, Marketing, Back To The Garden Childcare**





[www.mindfulparentclub.co.uk](http://www.mindfulparentclub.co.uk)  
[contact@mindfulparentclub.co.uk](mailto:contact@mindfulparentclub.co.uk)

 [mindfulparentclub](https://www.instagram.com/mindfulparentclub)