**MARTE MEO PROGRAMME**

**Marte Meo is a simple way to support the emotional and social development of your child.**

**The name Marte Meo means “on your own strength”. It will support you to see developmentally where your child is at and where and if he /she needs additional support in any area of his/her development. It will also support you to see what you are already doing well to support your child’s development. You will be given a lot of information about how best to support your child and this in turn will help your positive relationship and attachment with your child**

**Marte Meo is a short term intervention which uses very short videos of you and your child to give you very detailed and practical information on supporting your child’s development**

**The therapist will go to your family home if possible to make a film of about 3-5 minutes long of a daily interaction moment with your child for example of a mealtime , dressing or play time situation.**

**The therapist will then look carefully at the film before returning with selected clips to show you first moments where you are supporting your child’s development and secondly moments where you will be given some additional information to practise with your child**

**After parents are invited to practise some suggested strategies then another film is made together. You the parent will be given something to practise after each film review meeting**

**Generally it works out as a session per week. One session to make the film and one session to look through the films with your Marte Meo Therapist.**

**When the work is completed you will be given the films to keep and the therapist will not have any copies as the films are considered your property.**

**Other parents who have participated have given the following feedback :**

**“ we are more confident parents now”**

**“ I feel I am better at playing with my child now and know how to show my love more “**

**“I learnt how to follow my child’s ideas and this has really helped our relationship”**

**“I learnt how to support my child to co-operate more and seeing the films really helped. “**

**Angela Walsh**

**Marte Meo Therapist**

Reference; <https://www.martemeo.com/home/>