



Home Visit: Newborn Behavioural Observations

(NBO)

The NBO is a simple and powerful therapeutic tool that places your baby and family at the centre of all interactions. It provides individualised education to help Mums and Dads tune into your new baby's unique behavioural strengths, and cues for support – giving your baby the best chance to let you know who they are.

Meg is an experienced Consultant Neonatal Intensive and Special Care Nurse, educator, and NBO practitioner certified by the Brazelton Centre Australia. She will carry out the sessions with your family, which last 45 minutes for 1 baby, and up to 90 minutes for twins. This may be in the clinic rooms at North Adelaide, or in your home, depending on where you and your baby live.

Which babies are suitable for the NBO and when?

The NBO sessions are available for all babies, from birth to 12 weeks of age. It is suitable and highly recommended for babies born preterm (below 37 weeks into the pregnancy), including babies born extremely preterm or very low birthweight. For preterm babies, we will book the sessions based on your baby's corrected age - using their due date.

Ideally, the NBO schedule consists of 2 sessions:

- Session 1. 2 – 10 days following hospital discharge
- Session 2. 6 – 12 weeks of age.

What is involved?

During the NBO we will observe your baby's:

- *Different behavioural states*
(quiet alert, fussing, crying, drowsy, light sleep, deep sleep)
- *Social-interactive capacities and preferences*
(alertness and response to faces and voices)
- *Response to sound and light when sleeping*
(sleep protection)
- *Capacity for self-regulation*
(crying and consolability)
- *Quality of motor tone and activity level*

Together, we will then develop strategies tailored to help meet your new baby's specific needs.

You'll have a summary card to keep and refer back to between visits. This, in turn, helps you build the kind of confidence needed to support your baby's early development and enjoy the experience of being a new parent.



Home Visit: Newborn Behavioural Observations

(NBO)

Where can I find out more about the NBO?

Click here [What is the NBO \(youtube.com\)](https://www.youtube.com/watch?v=...) to hear NBO Australia's master trainer, Dr Susan Nicholson, talk about this simple and powerful therapeutic tool.

Click here [Supporting early infant relationships and reducing maternal distress with the Newborn Behavioral Observations: A randomized controlled effectiveness trial - Nicolson - 2022 - Infant Mental Health Journal - Wiley Online Library](https://onlinelibrary.wiley.com/doi/10.1111/imh.12500) to read an Australian randomised controlled trial of the NBO. The study found that multiple NBO sessions, administered by accredited clinicians during the first month of life, positively impacted on the infant-parent relationship and on maternal mental health.

What is the fee?

The fee for each NBO session is \$165 for one baby, and \$265 for twins.

A deposit at the time of booking (one baby \$80; twins \$115) is required to secure appointments, with payment of the balance due on the day of your NBO session.

Your private health insurer may offer a rebate for this service – please contact them directly for specific advice.

How do we book in?

Medical referral is not required to book or access the NBO.

You can self-refer by contacting Meg directly:

M: 0424 786 611

E: meg.b.m2m@gmail.com

W: <https://moments2milestones.com.au>