



## Newborn Behaviour Observations (NBO)

Be ready to understand your baby's body language...from the very beginning. The NBO is a simple and powerful relationship building tool that forges deeper, more confident connections between you and your new baby.

Discover how your new, unique little person is able to show how they are feeling and give a sense of the kind of caregiving support they currently need to help them feel safe, calm and connected in the first days and months of life.

Sessions provide Mums and Dads with individually tailored education and guidance to help 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.

### What is involved?

Meg is an AHPRA registered nurse who is fully immunised, an experienced NBO practitioner certified by the Brazelton Centre Australia, with an extensive clinical nursing career spanning Paediatrics, Neonatal Intensive and Special Care and Clinical Education.

In a series of interactions with your baby, Meg will guide you to see and better understand your baby's individual:

- Communication cues
- Likes & dislikes
- Sleep protection skills
- Crying & consolability behaviours
- Feeding cues
- Muscle tone & reflexes
- Social & interactional capacities
- Sensory thresholds to stimulation

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

### When are the NBO sessions held?

The NBO schedule consists of 2- 3 sessions. Ideally at the following ages:

Session 1. 2 – 10 days following birth

Session 2. 2 – 6 weeks of age

Session 3. 6 – 12 weeks of age.

Minimum length of each NBO session is 30 minutes for 1 baby; and 60 minutes for twins.



## Where are the NBO sessions offered?

NBO consults may be held in the maternity ward at Ashford and Calvary Hospitals, in addition to Adelaide Paediatrics clinic rooms at Ashford.

NBO session visits in your home may be possible, depending on where you and your baby live. Home visits are booked directly with Meg by contacting her on 0424 786 611 (text or call work equally well).

## What is the fee?

The fee for each NBO session is \$80 per 30 minutes for one baby. Twin baby pair NBO sessions are charged at \$100 per 30 minutes.

An \$80 deposit is required at the time of booking to secure the appointment, with payment of the balance due on the day of your NBO session.

## Is the NBO suitable for all babies?

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 and who required specialist care in a Neonatal Unit. For preterm babies, we will book the sessions based on your baby's corrected age - using their due date.

## Who can come along to our NBO session?

Both parents are fully encouraged to attend each NBO session. As our Ashford clinic room can accommodate a maximum of 2 adults accompanying babies, NBO sessions that also include Grandparents and /or siblings are only able to be offered as in home visits.

## Is NBO possible if English is not our primary language?

Yes, absolutely. A family member with proficient English language skills or a qualified interpreter can be used during your appointment. Please note that interpreter fees are not covered in the NBO fee schedule and are the responsibility of the family.