

# NBO Australia Newsletter

December 2023

It's Our 10 Year Anniversary!



## Thank you from the NBO Australia Team

You belong to a group of over 2,200 professionals who've met in NBO workshops in Australia, New Zealand and on-line in our first 10 years.

As we celebrate this milestone, we are keen to stay connected and to support you to use the NBO in your work with families. We are sending our best wishes for your work in 2024, our congratulations again if you became an accredited NBO Practitioner in 2023, and our encouragement to go ahead if you have been contemplating it!



Since we began in 2013, more than 1500 professionals have participated in 55 in-person NBO training workshops, and over 700 professionals in 17 on-line workshops. We have been honoured to have many First Nations participants. This year, 145 professionals joined our on-line English language workshops from across Australia, New Zealand, Indonesia, the Philippines, Japan, and Hong Kong. Many also joined our free, post-workshop on-line meetings. Diverse cultural, professional, discipline and workplace perspectives have greatly enriched discussion in our workshops and beyond.

## Refresher Session 2024

Many of you have asked for this, so we are planning a half-day on-line refresher session on 'Using the NBO In Your Practice'. If you are a professional who has previously attended NBO training, you are eligible to attend *and* apply for accreditation up to 3 months afterwards. **Register your interest [here](#).**



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## Training workshops 2024

We will continue on-line and in-person workshops in 2024, with the first workshop in March and our annual High-Risk Infant workshop in October.

Please share this newsletter and 2024 workshops flyer with interested colleagues. There's an early registration discount of up to \$165 and many workshops fill quickly. **To browse or register, [click here](#).**

- NBO On-Line Workshop: Sunday 3, Monday 4 & Tuesday 5 of March 2024.
- NBO In-Person Workshop, Melbourne: Monday 29 & Tuesday 30 of April of 2024.
- NBO On-Line Workshop: Sunday 18, Monday 19 & Tuesday 20 of August 2024.
- NBO for High Risk Infants On-Line: Sunday 13, Monday 14 & Tuesday 15 of October 2024.

In addition to this calendar of events, we offer tailored NBO trainings on request. Just email us if your workplace or professional body is interested. We have held many such workshops over the last 10 years, most recently for MacKillop's Family Preservation and Reunification Response (FPRR) in 2020, and Queensland Centre for Perinatal and Infant Mental Health in 2023. Inspiringly in 2021, despite the COVID pandemic, Child & Family Health Nurse Services and AAIMHI in South Australia co-funded training for the statewide workforce, with NBO clinician Valerie Aylesbury supporting on-the-ground implementation.

## Australian Research Builds Evidence For The NBO

The first published Australian Randomised Controlled Trial of the NBO builds on international evidence for this simple, powerful tool. The study found that 3 NBO sessions, administered by accredited clinicians in the first month of infancy, positively impacted on the infant-parent relationship and on maternal mental health, in new families with current or past maternal mental ill health identified in pregnancy.

You can read the full article here: <https://onlinelibrary.wiley.com/doi/10.1002/imhj.21987>

## International news

### World Association of Infant Mental Health (WAIMH) Congress, Dublin, July 2023.

Led by President Campbell Paul, the 18th WAIMH Congress Program was superb. It followed a rich Pre-Congress day run by Newborn Behavior International (NBI) colleagues and an evening celebrating Kevin Nugent's extraordinary career and contribution. The NBO featured strongly throughout the Congress. Susan Nicolson joined an international symposium reflecting on NBO research design and Natalie Duffy shared NBO insights into baby's lived experience in the neonatal unit from her PhD project. Erin Church introduced The Newborn Traffic Light Tool and Education Package to promote infant-responsive care-giving in neonatal nurseries, which was co-authored with our NBO trainer team and is available [here](#).



First Nations staff at The Women's Hospital in Melbourne led an interactive, well-received workshop. Midwife Evelyn Burns and Aboriginal Liaison Officer Cinnamon Bliss-Henry showcased their and their teams' work enhancing cultural safety and outcomes for first nations families, alongside Susan Nicolson, who supported the infant mental health focus of Baggarrook's important work in weekly debrief sessions and with NBO training. ([https://www.waimh2023.org/abstract\\_book/](https://www.waimh2023.org/abstract_book/))

## **New Zealand.**

Hawkes Bay Occupational Therapist, NBO and NBAS trainer Danielle Atkins has brought great expertise to our on-line and in-person NBO workshops since 2018. In 2022, Danielle was invited to consult on the New Zealand Practice recommendations for the 2-year follow-up of infants at high risk of developmental disability. The practice recommendations include the NBO and you can view them [here](#).

Danielle is currently completing a study of Neurodevelopmental Therapist (OT/PT/SLT) staffing ratios in neonatal nurseries in New Zealand, the assessment and interventions they deliver, and their professional development needs. Preliminary findings indicate that nearly 50% of therapists were implementing the NBO as a relationship based intervention in the neonatal unit in New Zealand.

We are planning an in-person NBO workshop with Danielle in New Zealand in 2025. Get in touch if you would like to be involved or [register your interest here](#).

## **The Infant Behaviour International (NBI) Network**

You are invited to join this vibrant community of practice! The network brings together diverse professionals from around the world with a shared interest in infant-focussed clinical practice and research. Regular free webinars from leaders in the field are not to be missed. Visit the [NBI website here](#).

In network news close to our hearts, NBI and Brazelton Institute Director Lise Johnson recently travelled from Boston to Johannesburg to co-run a successful NBO workshop at Ububele Psychotherapy and Educational Trust with Counselling Psychologist, Nicki Dawson. Following trainings at Ububele with NBO Australia master trainers Susan Nicolson and Campbell Paul, Nicki became an NBO trainer in 2019 and Ububele home visitors embedded the NBO in their program for families in Alexandra township.

## **The NBO Team**

Our close-knit team aims to offer highly-interactive workshops for professionals, with rich content and opportunity for small-group reflection. We comprise 4 trainers supported by administrative assistant Jacinda Joy: master trainer Campbell Paul, master trainer and site-lead Susan Nicolson, plus trainer Dani Atkins and newly-minted NBO trainer, Natalie Duffy, a Consultant Neonatologist at Mercy Hospital for Women. If you are an experienced and accredited NBO clinician interested in applying to train as a trainer, please get in touch.

**With very best wishes to all for the Christmas period and the New Year**



Susan Nicolson, Campbell Paul, Danielle Atkins, Natalie Duffy and Jacinda Joy  
NBO Australia at the Women's

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We acknowledge and pay respect to the Wurundjeri people of the Kulin Nation, the Traditional Custodians of the Country on which the Women's Hospital stands.