

# NEWBORN BEHAVIORAL OBSERVATIONS (NBO) SYSTEM

## Education & Training for Professionals



the women's  
the royal women's hospital  
victoria australia

## Draft Program Outline for Workshops in 2020

### Strongly Recommended Reading:

“Understanding Newborn Behaviour and Early Relationships:  
The Newborn Behavioural Observations (NBO) System Handbook”  
By K. Nugent et al, Brookes: Baltimore, pg 51-130

### Twilight workshop: Day One, 2.00pm– 6.00pm

- 14:00 - 14:15 Registration and questionnaire at the venue
- 14:15 - 14:45 Introduction to the NBO practitioner training program
- 14:45 - 15:30 Foundations of the NBO as a relationship building tool  
for parents and their babies
- 15:30 - 16:15 Watching the baby: refining your observational skills
- 16:15 - 16:30 Break
- 16:30 - 17:15 The NBO step-by-step 1: Video demonstration
- 17:15 - 18:00 ‘Take-home’ concepts, homework and planning for Day Two

### Full day workshop: Day Two, 9:00am – 5:00pm

- 09:00 - 09:15 Introduction and aims for the workshop
- 09:15 - 09:45 Small group work including review of homework
- 09:45 - 10:30 The NBO step-by-step 2: Introducing and recording the NBO  
and providing anticipatory guidance
- 10:30 - 11:00 Administering the NBO (practice with dolls)
- 11:00 - 11:15 Break
- 11:15 - 12:00 Using the NBO to build relationships: in families and with families
- 12:00 - 12:30 Using the NBO with families from different cultural communities
- 12:30 - 13:30 Lunch
- 13:30 - 14:30 Role-play with dolls and complete NBO video
- 14:30 - 15:15 Working with at-risk infants and their families
- 15:15 - 15:30 Break
- 15:30 - 16:30 Live demonstration of NBO and discussion
- 16:30 - 17:00 Wrap up: steps to certification, post-training questionnaires

**For more information email: [nboaustralia@thewomens.org.au](mailto:nboaustralia@thewomens.org.au)**