

# NEWBORN BEHAVIORAL OBSERVATIONS (NBO) SYSTEM TRAINING



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

## NBO WORKSHOPS in 2020

**Using the NBO system, clinicians are able to support parents to bond with their baby as a unique person.**

In an NBO session, clinician and parents share observations of the nuances of baby's behavior and reflect on its meaning in terms of their capacities, struggles, needs and preferences. The neuro-behavioural observations in an NBO session allow parents to notice, emotionally manage and provide the interactive support their infant needs for development, from birth to approximately age 3 months.

Observations include the infant's:

- capacity to habituate to external light and sound stimuli (sleep protection)
- quality of motor tone and activity level
- capacity for self-regulation (including crying and consolability)
- visual auditory and social-interactive capacities and preferences (alertness and responsiveness to human and non-human stimuli).



The 1.5 day NBO training program is relevant to a range of professionals who work with families with newborns and very young infants including midwives, social workers, maternal and child health nurses, paediatricians, neonatologists, obstetricians, perinatal psychiatrists, infant mental health clinicians, family support workers and home visiting programs.

Register you EXPERESSIONS OF INTEREST to [nboaustralia@thewomens.org.au](mailto:nboaustralia@thewomens.org.au)