

NEWBORN BEHAVIORAL OBSERVATIONS (NBO) SYSTEM TRAINING



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

Getting Organised Before the Workshop

Technology Requirements

- A laptop or computer available for use during the Workshop (Tablets and Phones not suitable).
- Speakers and a microphone – built-in, USB plug-in, or wireless Bluetooth.
- A webcam or HD webcam - built-in, USB plug-in.
- A reliability internet connection – broadband wired or wireless (3G or 4G) you will require a download speed >20mbps and an upload speed >10mbps (<https://www.speedtest.net/>)
- Download the Zoom app, if you don't have it already, from [Zoom.us](https://zoom.us).
- Check for Zoom app updates (currently Zoom has weekly updates).
- Organise your set up for the workshop days to maximise your internet reliability.

Pre-Training and Organisation

- Complete your Pre-Training Survey
- Check you can access your NBO learning platform
- Print 1 copy of the NBO Forms Printable Package to use during the workshop.
- Print 1 copy of the NBO Online Training Printable Module for reference during the workshop.
- Find and watch the Pre-Training Introduction to the NBO on the learning platform (Required).
- Then submit your Pre-Training Short Reflections (Required).
- Find and watch the Introduction to NBO Research (Optional).
- Have a look at the additional reading (Optional).

Getting Organised on the Workshop Days

- Log in and set up your Zoom connection early.
The Zoom meeting room will open 30 mins before the start time so the workshop can begin promptly at the scheduled time each day.
- Log in to your NBO online learning platform
- Have with you a doll or soft toy with arms and legs that you can bend.
- Have your NBO kit with you.
- Have a glass of water beside you.

We look forward to seeing you at the workshop.