

# NEWBORN BEHAVIORAL OBSERVATIONS (NBO) SYSTEM

Education & Training for Professionals



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

## Monday 10th & Tuesday 11th February 2020

Using the NBO system, clinicians help 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 and offer the interactive support their infant needs for development, from birth to 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).



**Venue:** Royal Women's Hospital, 20 Flemington Road, Parkville  
**Date/Time:** Monday 10<sup>th</sup> 15:00 to 19:00 & Tuesday 11<sup>th</sup> 9:00 to 17:00  
**February 2020**

This training program is relevant to a range of professionals who work with families with newborns and very young infants facing a range of difficulties, and across a range of settings including neonatal intensive care units, post-natal wards, mental health services, community clinics or home visiting programs.

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