

NBO TRAINING SCHEDULE FOR 3 DAY ONLINE WORKSHOP SAMPLE 2021

NBO Australia at the Women's



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

Day One:

Guide to NBO Items and Newborn Behaviours

- 1:00 Log in from 1pm, test your Zoom, ready to start at 1:30pm sharp.
- 1:30 **Welcome!**
Goals and Objectives of NBO Training:
Module 1
- 2:30 **Step-by-Step through the NBO and Practice with Dolls:**
Module 2
- 3:15 **Break**
- 3:45 **Step-by-Step through the NBO and Practice with Dolls:**
Module 2
- 4:15 **Reading Behavioral Cues: Regulation & Dysregulation:**
Module 3
- 5:15 **Wrap-up and Homework (18 NBO Items)**
- 5:30 **Finish**



Day Two:

Guide to NBO theory and relationship building

12.30 Check-in from Day One

**12:45 Focus on the infant:
Module 4**

1:30 Case Study

**2:15 Focus on the parent:
Module 5**

3:00 Break

**3:30 Relationship-building and the NBO with Case Study:
Module 6**

4:30 Case Study

5:15 Wrap-up and Homework (Letter to Reynard's dad)

5:30 Finish



Day Three:

Guide to NBO implementation and fidelity

12:30 Check-in from Day Two and Homework Review

1:30 Case Study with Listening Activity

2:30 NBO Fidelity Checklist

3:00 Break

3:30 Doll Practice with Role Play in small Groups

4:00 Case Study

**4:45 Implementation Opportunities and Challenges,
Mentoring and Accreditation
Module 7**

5:30 Finish

