

# Tips on Client Selection

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## Perinatal women

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- Mothers & Babies is ideally designed for delivery during the 2<sup>nd</sup>-3<sup>rd</sup> trimesters, into the early months of the new baby's life, for women who have mild to moderate symptoms of depression, or a history of depression.
- This timing should maximize protecting the new mom from developing depression, increase attachment with her new baby, and help her make the most of her support network.

## Women with older children

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- Mothers & Babies can be used with women who have toddlers and young children, as well. In order ensure the materials and process are relevant, change examples that refer to pregnancy and infants to include parents and children. Here are some examples: (*link to “Resourceful Parenting”*)
- The scripts are there as a guide: Use examples from the mother’s life and family to tailor content to be relevant for her.

## Program Considerations

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- MB can be implemented universally with agency clients, or as a targeted intervention with women who are experiencing or at risk for developing postpartum depression, only prenatal clients, etc.
- Base MB implementation planning on:
  - client needs (proportion of clients with or at risk for depression)
  - other services you provide (are other mental health resources available?)
  - availability of community mental health resources (if scarce, offer MB more broadly, or collaborate with another site to offer both modalities)