

Introducing Mothers & Babies to Clients

Helpful ways to describe MB

- MB provides a toolkit of coping strategies to maintain a healthy balance and manage stress
- These tools provide ways to support your mood and your baby's mood, and your baby's healthy development
- Everyone has stressors in their lives: Mothers & Babies provides healthy coping strategies to balance your mood
- The MB strategies include healthy behaviors, healthy thoughts, and positive social support for your family

Engaging Clients with MB

- Normalize the experience by presenting MB as new resource your program is using to support new mothers with managing stress during this transition
- Introduce an activity in response to client area of need, to show the relevance (e.g. try a MB activity about social support if mom needs more support)
- Use personal examples, with appropriate boundaries, to show the universal utility of the skills, normalizing the process for clients to see this can be helpful for everyone