

Mothers & Babies 1-on-1 Intervention Revision

June 2020

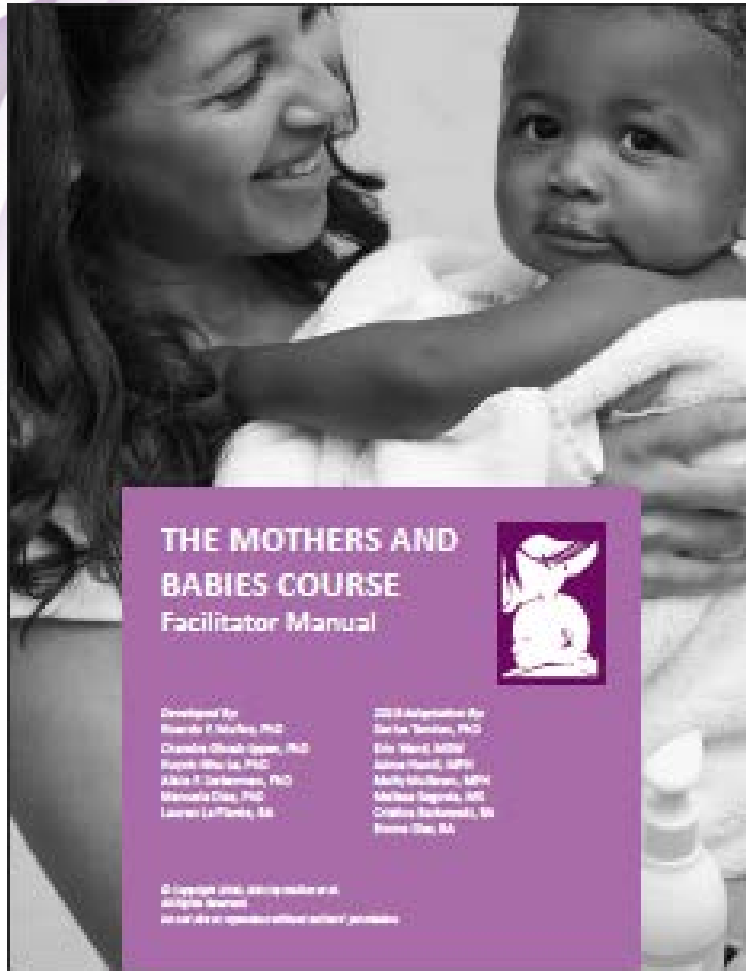


**NORTHWESTERN
UNIVERSITY**

- The purpose of this webinar is to share updates to the Mothers & Babies 1-on-1 manuals
- Revisions were guided by home visiting providers' feedback based on implementation in the field
- Re-training not required



Mothers & Babies 1-on-1



- **Graphic design updates**
- **Includes mindfulness practices**
- **Content Revisions:**
9 sessions (20-25 minutes each)

<https://www.mothersandbabiesprogram.org/materials/>

Design Updates:

New color-scheme and logos



- **KEY POINTS** about intervention topics



- **SCRIPT** to guide how to communicate the material



- **INTERACTIVE LEARNING** activities



- **MINDFULNESS** practices or tips



- **PERSONAL PROJECT** for client practice



Facilitator Guide Layout Redesign

Session 1

Objective: Identify the participant's sources of stress and discuss how the Mothers & Babies Course can help balance stressors with healthy thoughts and behaviors.

TOPIC 1: STRESSORS THAT CAN AFFECT MOTHER-BABY RELATIONSHIP (5-10 MINS)

Open the Participant Workbook to Worksheet 1.1



I want to start by finding out what some of the stressors in your life are. It's important to remember that everyone gets stressed. Sometimes stressful events make it difficult to focus on important things such as taking care of ourselves and relationships with others, including our children. This is because stressful events and feeling stressed can take a lot of our time and energy. What are the first things that come to mind when I ask you what causes you to feel stressed?

Encourage participant to share the things that cause her stress. Request details or ask for clarity as needed. Refer to Worksheet 1.1 if she has difficulty listing things that are stressful.

Facilitator Tip: Providing examples of stressors in your own life can help break the ice and model how much detail you are expecting the participant to share. Knowing that you also experience stress reinforces that it is normal.

Use the questions below to identify how stress makes the participant feel and affects her interactions with other people, especially the baby she is expecting or just delivered.



When you are stressed, how does that affect you?
Also, how does stress affect the relationship with your baby?

Emphasize that stress can affect the participant physically (e.g., feeling tired) or emotionally (e.g., feeling sad, irritable). Discuss how stress can affect the mother-baby relationship by impacting responsiveness, emotional connection, and being fully present with the baby.

Open the Participant Workbook to Worksheet 1.2

Now, let's look at Worksheet 1.2. What do you see when you look at the picture on the top?

Emphasize that there is imbalance created by the stressful things in our lives. Encourage the participant to think about the stressors she just identified and how they create imbalance in her life.

Key Points



- Everyone experiences stress
- Stress can affect how we feel emotionally and physically
- Stress can affect:
 - The mother's emotional health and physical well-being
 - The mother-baby relationship



- Participant worksheet images embedded in beside related topics
- Facilitator tips to aid delivery throughout the sessions
- Callout boxes for mindfulness tips

Participant Guide Layout Redesign

WORKSHEET 1.1: STRESSORS THAT CAN AFFECT THE MOTHER-BABY RELATIONSHIP



- Graphic design updates to participant worksheets
- Fillable fields for participants to type
- Session pdfs that can be emailed to clients for remote delivery

Mindfulness practices and tips

TOPIC 4: MINDFULNESS PRACTICE: BODY SCAN (5 MINS)



I shared with you that breath awareness is the foundation of mindfulness practice. Today I am going to introduce you to a new mindfulness practice called the Body Scan, which also uses breath awareness.

Open the Participant Workbook to Worksheet 2.3, and guide the participant through the complete body scan practice.

Facilitator Tip: Check whether the participant is already familiar with or practices mindfulness on her own – if she is already familiar, the mindfulness practice can be assigned as a personal project rather than directing in sessions.

Practicing mindfulness when we are doing pleasant activities can help to more fully enjoy the pleasurable experience.

MINDFULNESS TIPS

- Put away your phone/devices
- Focus completely on whatever activity or activities you choose to do
- Give yourself permission to let go of other thoughts and worries
- Allow yourself to slow down and just enjoy the moment.

Key Points



- Mindfulness is the practice of being aware in a non-judgmental way
- Practicing mindfulness can help boost positive feelings and reduce stress and anxiety
- Mindfulness can be practiced by focusing on your breath and noticing your thoughts

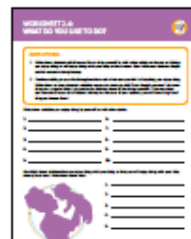


PERSONAL PROJECT: Pleasant Activities List (Worksheet 2.4)



Instructions:

1. Write down pleasant activities you like to do by yourself, with other adults, and with your child/children. Start with ones that are simple and do not cost a lot of money. Continue adding to your list throughout the week whenever you think of anything you enjoy doing.
2. Try practicing the Body Scan on your own at least once this week.



- Each session includes a mindfulness practice, OR,
- Mindfulness tips to enhance MB strategies, AND
- Mindfulness practice as part of personal projects

Mindfulness Practice Recommendations



- Try the mindfulness practices yourself
- Consider team mindfulness practices to support staff wellness and comfort using the techniques
- Guided meditation links are available to share with clients to encourage their practice
- Encourage participants to practice mindfulness when they notice their mood or stress level is unbalanced



MB 1-on-1 Content Revisions

- 9 sessions (20-25 minutes each)
- Revised, shortened, scripts
- Facilitator tips throughout the sessions to guide intervention delivery
- New personal project content for clients to practice mindfulness in addition to MB skills



Comparison of MB 1-on-1 versions

MB 1-on-1 (12 sessions)	New MB 1-on-1 (9 sessions)
Introduction to Mothers and Babies	
Session 1	Session 1
Session 2	
Pleasant Activities Module	
Session 3	Session 2
Session 4	Session 3
Session 5	
Thoughts Module	
Session 6	Session 4
Session 7	Session 5
Session 8	Session 6
Contact with Others Module	
Session 9	Session 7
Session 10	Session 8
Session 11	Session 9
Session 12 (Course Review)	Session 9

MB 1-on-1 Content Revisions: Introductory Module

- **Introductory Module** now one session (Session 1); formerly was two sessions
- **Key topics in Introductory Module:**
 - How Stress Affects Mother-Baby Relationship
 - Introduction to MB modules (pleasant activities, thoughts, contact with others)
 - Introduction to Quick Mood Scale
 - Introduction to Mindfulness Practice: Breath Awareness



MB 1-on-1 Content Revisions: Pleasant Activities Module

- **Pleasant Activities Module** now covered in two sessions (Sessions 2 & 3); formerly was covered in three sessions

Key topics in Pleasant Activities Module:

➤ **Session 2**

- What we do affects how we feel
- Identify and engage in Pleasant Activities
- Mindfulness Practice: Body Scan

➤ **Session 3**

- Overcoming obstacles to doing pleasant activities
- How do babies learn & doing pleasant activities with your baby
- Mindfulness Practice: Walking Meditation



MB 1-on-1 Content Revisions: Thoughts Module

Thoughts Module now covered in Sessions 4, 5, 6

Key topics in Thoughts Module:

➤ **Session 4**

- How thoughts affect our mood
- Noticing helpful and unhelpful thoughts
- Mindfulness Practice: Leaves on a Stream

➤ **Session 5**

- Noticing unhelpful thought patterns
- Strategies to reduce unhelpful thoughts

➤ **Session 6**

- Promoting children's healthy thinking
- Thinking about yours and your baby's future
- Relationship between mood, thoughts, and future



Contact with Others Module

Contact with Others Module now covered in Sessions 7, 8, 9

Key topics in Contact with Others Module:

➤ Session 7

- Our Mood and Interactions with Others
- Mindfulness Practice: Web of Life

➤ Session 8

- The people in my life and how they support me
- Role changes and resolving conflicts

➤ Session 9

- Communication styles and mood
- Making requests and getting your needs met
- MB Course review



Mothers and Babies Modalities

- ❑ MB Group
 - 6 sessions, 90-120 minutes each
- ❑ MB 1-on-1
 - 9 sessions, 20-25 minutes each
- ❑ MB Online
 - 8 sessions (self-guided, available via research participation)
- MB TXT, is a text message enhancement that is available as a supplement to traditional MB delivery



Recommendations and Resources

- Re-training is not required if you have already been trained on the 12-session MB 1-on-1 version
- MB 1-on-1 Manuals are available in English and Spanish
- MB 9 session materials can be used to guide 1-hour virtual group sessions
- MB Implementation Toolkit includes resources to aid with intervention delivery (check our website periodically for updates)



MB Resources

MB Website

www.mothersandbabiesprogram.org

MB Email

mothersandbabiesnu@gmail.com

MB Curricula

<https://www.mothersandbabiesprogram.org/materials/>

**MB Implementation
Toolkit**

<https://www.mothersandbabiesprogram.org/providers-interventionists/access-to-curricula/>

Twitter

<https://twitter.com/MothersBabiesNU>

Facebook

www.facebook.com/mothersandbabiesprogram