



# MOTHERS AND BABIES

## Introducing MB to Participants

Visit our website to learn more: [www.mothersandbabiesprogram.org](http://www.mothersandbabiesprogram.org)

### HELPFUL WAYS TO DESCRIBE MOTHERS & BABIES

Here are some ways to introduce MB to participants and engage them in trying this intervention with you.

“MB provides a toolkit of coping strategies to maintain a healthy balance and manage stress.”

“These tools provide ways to support not only your mood, but also your baby’s mood and healthy development.”

“MB gives you strategies for creating healthy behaviors, healthy thoughts, and positive social support.”

“Everyone has stressors in their lives. We may not have control over the stressors, but we can control how we respond, using the healthy coping skills in MB.”

### HOW TO FURTHER ENGAGE PARTICIPANTS WITH MOTHERS & BABIES

- » 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 how this can be helpful for everyone

