MOTHERS AND BABIES
Tips on Participant Selection

WHO SHOULD RECEIVE MB?

MB is ideally delivered as a targeted intervention during pregnancy and into the baby’s first year of life, to women at increased risk for postpartum depression:

• current depressive symptoms
• current anxiety symptoms
• history of depression
• history of traumatic life events
• socioeconomic factors (e.g. low income or young or single parenthood)

MB can also be implemented universally with all pregnant and parenting participants receiving services in your agency.

PLANNING IMPLEMENTATION

As you plan for MB implementation, consider the following:

• How to identify participants who are at risk for depression
• Providers who can integrate MB into their service delivery
• Start by delivering MB with 2-3 clients per provider

Can I deliver MB with mothers who have older children?

Yes! Adapt examples to represent your participant’s family: e.g. suggest pleasant activities for children at older developmental stages

Can I deliver MB with fathers?

Yes, you can! Refer to our Father Engagement Toolkit, and check back soon for updates.

Visit our website to learn more: www.mothersandbabiesprogram.org

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