



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



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

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.