Mothers and Babies (MB) can be delivered virtually as needed. We have a variety of recommendations to ensure that MB is effective and meaningful, even when you cannot be with a participant physically.

**HOW TO DELIVER MB VIRTUALLY:**

**PHONE**
Phone calls can be a great option, particularly when participants do not have access to stable internet

**VIDEO**
Check with your supervisor to ensure the platform you are using meets your agency’s standards and is HIPPA compliant

**TEXT MESSAGES**
Send supplemental text messages between visits to reinforce concepts* (these should not be used in place of regular sessions)

**RECOMMENDATIONS FOR VIRTUAL DELIVERY:**

- Integrate your MB sessions into previously scheduled virtual home visits
- Drop off or mail printed participant workbooks; or share fillable PDFs of the workbook via email or text message
- Encourage participant to find a quiet, private space during the call - if possible, they can wear headphones to maintain privacy
- Ask who is present before you begin the call - it is important to know who is nearby as this can contribute to the participant’s comfort level and safety
- Ensure your participant knows that you are also taking the call from a private space
- Establish a backup mode of communication in case your primary method fails
- Be fully present
- Be an active listener
- Bring the participant’s baby or child into the call as appropriate
- Offer the participant the option to turn off their camera during mindfulness activities to increase comfort
- Create boundaries - MB delivery should happen during your normal working hours
- Remember, even a brief compassionate contact can make a difference!

*See additional virtual delivery resources for example text messages

**Last Revised November 2020**