



MOTHERS AND BABIES

Virtual Delivery Resource

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

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