



# MOTHERS AND BABIES

## Virtual Delivery Resource - Group

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

Mothers and Babies (MB) groups 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 the group physically.



### RECOMMENDATIONS FOR VIRTUAL GROUP DELIVERY

#### BEFORE THE FIRST MEETING:

- Call each participant to introduce yourself and provide information about the MB group - you can find recruitment and informational materials on our website
- Ensure all participants are comfortable using the technology platform that you have selected - we recommend using a platform with video capabilities
- Schedule strategically – consider when other members of the family may be using devices and wifi
- Consider how participants might be accessing group (i.e. using a phone makes it more difficult to use and see the chat function in Zoom)
- Use funds that would have been used on transportation, food and child care to send each family an activity kit for their children to use to stay engaged during sessions or a gift card for meals (some families may count on receiving food from groups)

#### DURING THE FIRST MEETING:

- Establish guidelines that all members of the group agree on - for example:
  - All participants should have their video on as technology allows
  - Be in a private space without other adults as some participants may share sensitive information
  - What is said in group stays in group

#### REGULARLY:

- Shorten or break up sessions and meet more regularly *as needed*
- Send reminders between groups to reinforce learning principles and remind participants about their personal projects
- Send reminders to sign in the day of group