

Mothers and Babies

Home Visiting Research Opportunities

Summer 2023

ENRICH: Early Intervention to Promote Cardiovascular Health of Mothers and Children

Northwestern University is providing an opportunity for Illinois and Indiana HFA or PAT home visiting programs to partner with ENRICH.

ENRICH provides a toolkit of behavioral, social, and mindful approaches to promote cardiovascular health among pregnant individuals, new mothers, and their children.

ENRICH activities will begin in early 2024, and agencies and participants will be compensated for their involvement. To learn more, including involvement and responsibilities, please click the title hyperlink above.

If interested in participating, please contact
Project Manager, Danielle Lorch: dmlorch@northwestern.edu



FAB: Fathers and Babies

FAB is a 9-session stress management intervention aimed at improving fathers' mental health while equipping them with effective strategies to support their partners' mental health in their shared parenting journey.

FAB can be delivered alongside the MB intervention, or as a standalone intervention. Delivery options include in-person, virtual, text messages, or a mix.

We're excited to collaborate with you to introduce FAB to your families. If you are interested in learning more about FAB and want to be kept up-to-date, please complete our Inquiry form using the QR code.



eMB: Mothers and Babies Online

Mothers and Babies online (eMB) is a self-paced 8-session, online course that teaches useful skills to help manage stress during pregnancy, after your baby is born, and throughout your life.

Home visitors will be trained on how to implement a new eMB coaching protocol, which will teach them how to support parents as they complete the eMB sessions.

To learn more about the study, please contact us:
embprogram@northwestern.edu



Mothers and Babies

Parent Research Opportunities

Summer 2023

eMB: Mothers and Babies Online

Mothers and Babies online (eMB) is a self-paced 8-session, online course that teaches useful skills to help manage stress during pregnancy, after your baby is born, and throughout your life.

What will participants be asked to do?

Parents will participate in the online eMB course and complete three sets of surveys for which they will be compensated.

Who can join?

Parents who are currently enrolled in a home visiting program, 16 years or older, pregnant or postpartum with a child up to 12 months old, English proficient, access to digital device, and internet or Wi-Fi.

[To learn more about the study, please use the QR Code.](#)



SEPPPI: Stress, Emotions, and Pain in the Postpartum Period Interview

University of Illinois at Urbana-Champaign wants to hear about your experiences with stress, sadness, low mood, other sad emotions, and pain in the postpartum period to learn about how to support women.

What will participant be asked to do?

Participants will complete a one-time, 60-minute individual phone interview for which they will be compensated.

For further details, select [THIS](#) link for English or [THIS](#) link for Spanish.

For any questions about the study, please contact:
seppi-study@iilinois.edu or (217)-244-9363

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www.mothersandbabiesprogram.org

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