

Newborn Behaviour Observations (NBO) High Risk Infants

Training Course

June 17-18, 2024



Course Instructors

Dr. Yvette Blanchard & Dr. Beth McManus

St. Joseph's Health Centre Neonatal Intensive Care Unit

30 The Queensway Toronto-ON M6R 1B5



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COURSE DESCRIPTION

The Newborn Behavioral Observations (NBO) system™ is an infant-focused, family-centered, relationship-based tool designed to engage parents with their baby's competencies and individuality, to foster sensitive parent-infant interactions and contribute to the development of a positive parent-infant relationship from the very beginning. The sensitivity of responsive, attuned caregiving is foundational to optimal brain development.

The NBO is strength-based and is guided by the principle that the quality of early experiences drives brain development and functional outcomes. The tool elicits and describes the infant's capacities in such a way that parents can better appreciate their baby's unique competencies and vulnerabilities, and learn to understand and respond to their baby in a way that meets the baby's unique developmental needs.

The NBO system comprises 18 neurobehavioral items, including observations of the infant's capacity to habituate to external light and sound stimuli (sleep protection); the quality of motor tone and activity level; the capacity for self-regulation (including crying and consolability); response to stress (indices of the infant's threshold for stimulation), and the infant's visual, auditory, and social-interactive capacities as shown in their degree of alertness and response to both human and inanimate stimuli.

The NBO can be used with infants from birth to 3 months old. It is designed to be a user-friendly and flexible tool that can be used by any individual working with newborn infants and their parents. The NBO can be integrated into any practice (NICU, home visit, medical/midwifery office, post-partum unit, early intervention centres, etc.) and adds a strength-based individualized form of care.

COURSE OBJECTIVES

Upon completion of this course, participants will:

1. Become familiar with current findings on neurobehavioral development, the transition to parenthood and early parent-infant relationship development and the theoretical foundations on which the NBO is built.
2. Become familiar with the content and uses of the NBO.
3. Learn how to administer the NBO to make behavioral observations of newborn behavior and identify newborn behavioral patterns.
4. Learn how to interpret these observations from a developmental point-of-view and will learn how to communicate this information to parents as a form of support and guidance in a way that is individualized, non-judgmental, non-prescriptive and culturally sensitive.
5. Learn to use the NBO in the context of relationship-building.

TARGET AUDIENCE

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|---------------------|--------------------------------|--------------------------|-------------------------|
| • Neonatologists | • Occupational Therapists | • Midwives | • Nurse Practitioners |
| • Paediatricians | • Speech-Language Pathologists | • Doulas | • Registered Nurses |
| • Family Physicians | • Physical Therapists | • Early Interventionists | • Social Workers |
| | • Psychologists | • Home Visitors | • Lactation Consultants |

CERTIFICATES


There are four phases to NBO training:

- i. Pre-work consisting of viewing four short videos with reflection prompts, and review of the administration manual.
- ii. Participation in an in-person NBO training workshop (two full days).
- iii. Self-study and practice of NBO skills with mentoring calls at one and three months following the training workshop, as well as access to NBO trainers and participant learning community.
- iv. Submission of recording forms with behavioral profiles and parent summaries for 5 NBOs completed by a trainee. Certification materials are reviewed by NBO faculty with feedback provided to the trainee. Provided certification materials are of sufficient quality, a training completion certificate is issued. Phases iii and iv are not mandatory, but required to become NBO certified.

Participants will receive a Certificate of Attendance at the end of the two-full day training workshop. Attendance to the training course in full is required to obtain the certificate of attendance. Certification in NBO will only be issued upon completion of phase iv above. For further information visit the [Brazelton Institute](#) website.

LOCATION

St. Joseph's Health Centre Toronto. 30 The Queensway. Toronto-ON. M6R 1B5

“Collaboratory Room” (Barnicke Wing. First Floor. Adjacent to the Cafeteria  [map](#))

INSTRUCTORS

Dr. Yvette Blanchard, ScD, PT & Dr. Beth McManus, PT, MPH, ScD ([team](#)), Instructors from the Brazelton Institute (Division of Developmental Medicine, Boston Children's Hospital, Harvard Medical School).

COURSE AGENDA

Day 1- June 17

7:00-8:00 am	Check-in, registration, breakfast
8:00-9:00 am	Welcome and introductions Goals and objectives of the NBO training
9:00-10:00 am	The NBO step by step; Blue card/NBO recording form
10:00-10:30 am	Break
10:30-11:15 am	Infant AMOR: Refining your observations skills of young infants
11:15-12:15 pm	<i>Video Case Study (Paula)</i> NBO with Infant NBO Recording Form
12:15-1:15 pm	Lunch
1:15-2:00 pm	<i>Live Demonstration</i>
2:00-2:15 pm	Break
2:15-3:30 pm	Parent Form, NBO Recording Form, Reflection
3:30-4:15 pm	NICU Case Study (David) and the NBO: behavioral profile and communicating with parents.
4:15-4:30 pm	Overnight thoughts

Day 2-June 18

7:00-7:30 am	Check-in, breakfast
7:30-8:00 am	Reflections
8:00-9:30 am	Parent and Practitioner AMOR and Relationship-based interventions: Javon, his mother, and the provider
9:30-10:00 am	Break
10:00-11:30 am	<i>Case Study: Cassandra and dysregulation</i>
11:30-12:30 pm	Lunch
12:30-2:00 pm	The NBO with a doll- role play (Breakout rooms)
2:00-2:15 pm	Break
2:15-3:00 pm	Principles guiding the NBO The NBO certificate Questions and discussion

