The Brazelton Institute

promoting the healthy development of young children and their families through professional education and research

Newborn Behavioral Observations (NBO)

Enhancing Social-Emotional Development & Family Mental Health from the Start

The Newborn Behavioral Observations (NBO) is an evidence-based, structured set of 18 neurobehavioral observations that identify the capacities and behavioral repertoire of infants 0-12 weeks of age. With the NBO, the Early Head Start home visitor and parent together explore the baby's competencies and vulnerabilities, gain a deeper understanding of how s/he communicates, and the kind of support the baby needs for optimal growth and development. It supports the parent-child relationship right from the start, creating an optimal environment for the development of the child.

Relationship Focused: The NBO is a relationship building tool for parent-child and parent-provider relationships. Interactive and family-centered, the NBO involves parents throughout each session. It is flexible and easy to use in Early Head Start programs with families of infants up to three months.

Vital for Infant Mental Health: The NBO is focused on the newborn period, a pivotal point in the development of the parent-child relationship. The Newborn Behavioral Observations System is a vital tool for providers in supporting parent infant interactions. As their early relationships grow, infants and parents construct interactive patterns that can have a lifelong impact on health and well-being.

Interactive Professional Training: The NBO training consists of two days of didactic and experiential learning. The training includes a presentation of the NBO's theory and research foundations, and the neurobehavioral observations that comprise it. Learners watch recorded or live NBOs and participate in conducting virtual NBOs. The training also includes three web-based coaching sessions that follow the in-person training.

Training Options:

On-site training: We can come on-site and deliver training to you. Please contact Joelfré Grant: Joelfre.grant@childrens.harvard.edu

For training opportunities at Boston Children's Hospital and more information: www.brazelton-institute.com