



Mother-Baby Nurture Group: Description and Referral Process

Description

- Mother-Baby Nurture group is a 10-week therapeutic support group for 5-7 mothers and their 0-6 month (pre-crawling) infants hosted by two facilitators.
- In a safe and welcoming environment, we invite participants to gently explore their thoughts and feelings towards their new role and relationships.
- We include the infant in the session, observing how they engage with their environment and reflecting on what the infant may be thinking or feeling.
- Our practice is informed by parent-infant psychotherapy and mentalization-based treatment. It's attachment-focused like Circle of Security however, it is delivered in an experiential way, with the infant participating in the process.

Outcomes

The group aims to promote infant mental health by:

- strengthening maternal sensitivity and attunement,
- decreasing symptoms of maternal distress, anxiety and depression,
- developing parenting capacity and confidence, and
- lessening the mothers' sense of isolation.

Please direct mothers to us that may:

- struggle with the transition to parenting (not exclusive to first-time mothers),
- express relational or developmental difficulties with baby,
- report a history of pregnancy/birth trauma, loss, family of origin/relationship difficulties, or
- have elevated symptoms of depression or anxiety,

Mother-Baby Nurture is a targeted support group, which is complementary and not intended to replace psychological, psychiatric or medical advice or services.

Locations: Midland, Ellenbrook, Gosnells, Fremantle, Baldivis, North Perth and Busselton

Cost No cost to participants. Funded by WA Health, Swan Alliance, Radiance Network.

How to refer:

- Please encourage the mother to make initial contact and register her interest:
motherbabynurture@playgroupwa.com.au 1800 171 882 0403 761 870
- No medical referral is required.
- One to two weeks before start date, the lead facilitator will conduct a phone interview to assess suitability and prioritise those with greatest need.