

Mother-Baby Nurture Group: Description and referral process

Description

- Mother-Baby Nurture group is a 10-week support group for 5-7 mothers and their 0-6 month (pre-crawling) infants hosted by a Peer and Senior Facilitator.
- 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 attachment theory, infant mental health research, and Mentalization-based treatment. It has similarities to Watch-Wait & Wonder and Circle of Security interventions; however, it is delivered within an experiential and containing closed group.

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
- Lessening sense of isolation.

Please direct Mothers to us that may be:

- Struggling with the transition to parenting (not exclusive to first-time mothers)
- Expressing relational or developmental difficulties with baby
- That may have a history of pregnancy/birth trauma, loss, family of origin/relationship difficulties
- That may 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 Ellenbrook and Midland.

Cost No cost to participants. Funded by Swan Alliance, Communities for Children

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 Senior facilitator will conduct a phone interview to assess suitability and prioritise those with greatest need.