

**The Mothers and Babies Program**

mothersandbabiesprogram.org  
 Email: [mothersandbabiesnu@gmail.com](mailto:mothersandbabiesnu@gmail.com)  
 Twitter: @MothersBabiesNU  
 Facebook @mothersandbabiesprogram

The Mothers and Babies Course is a program for the prevention of postpartum depression. Based on the principles of cognitive behavioral therapy and attachment theory, Mothers and Babies provides pregnant people and new parents with a toolkit of cognitive, behavioral and mindful approaches to effectively respond to and manage stress. Mothers and Babies has demonstrated effectiveness in reducing depression and anxiety symptoms, and preventing the onset of postpartum depression. Throughout the sessions, mindfulness is also introduced and practice is reinforced.

The curriculum can be delivered in groups or individually, and can be integrated alongside other services such as home visits or a parenting group.

	MB Group 	MB 1-on-1 
Number of Sessions	6 sessions	9 sessions
Length of Session	90 minutes	20-25 minutes
Modality	In person or virtually by phone or video chat	In person or virtually by phone or video chat
Frequency	1x/week (ideal) or every 2 weeks	1x/week (ideal) or every 2 weeks
Integration	i.e. Parenting Group	i.e. Home Visit

MB has a modular structure:

**Introduction**



Laying the foundation to understand the relationship between thoughts, behaviors and mood

**Pleasant Activities**



Engaging in pleasant activities to improve mood and reduce stress

**Thoughts**



Increasing helpful thoughts and reducing unhelpful thought patterns

**Contact with Others**



Increasing positive and supportive interactions with other people

## Resources

As you prepare to implement Mothers and Babies, please visit our [website](#) to access a variety of resources, see our Events Calendar and sign up for our Newsletter.

Mothers and Babies Facilitator and Participant Manuals - [Materials](#)

Implementation Resources for Providers - [Resources](#)

Implementation Model and Timeline – [PDF](#)

Mindfulness PDFS and Audio Recordings (ENG/SP)

- 1.3 *What is mindfulness and breath awareness?* ([English/Spanish](#)) (Audio [EN/SP](#))
- 2.3 *Mindfulness practice – Body Scan* ([English/Spanish](#)) (Audio [EN/SP](#))
- 3.6 *Mindfulness practice – Walking Meditation* ([English/Spanish](#)) (Audio [EN/SP](#))
- 4.3 *Mindfulness practice – Leaves on a Stream* ([English/Spanish](#)) (Audio [EN/SP](#))
- 7.3 *Mindfulness practice – Web of Life* ([English/Spanish](#)) (Audio [EN/SP](#))

Tips to Engage Children in Mindfulness - Visit [Zero to Three](#)

Need additional support? Please reach out!

- Follow us on Twitter ([@MothersBabiesNU](#)) and Facebook ([@mothersandbabiesprogram](#))
- Email us at [mothersandbabiesnu@gmail.com](mailto:mothersandbabiesnu@gmail.com)

In the rare event that someone talks about wanting to hurt themselves or someone else, follow your agency's policies and procedures for supporting and referring clients in crisis and talk to your supervisor. For further crisis resources, visit the following pages:

[Postpartum Support International](#)

[National Suicide Prevention Lifeline](#)

## Group Delivery Guide

The core components of Mothers and Babies that you learned in this refresher training module are the same as when delivering the intervention in a group setting rather than one-on-one. However, the content will be delivered over the course of six 90-minute sessions, and the logistics of delivery will be different.

MB groups should take place at a time that's convenient for group members. We recommend that the groups meet at the same time and day each week to encourage attendance. It is recommended that MB groups take place over six consecutive weeks when possible. This will allow the content to stay fresh in the minds of the participants, and foster social connection among group members.

A facilitator manual and participant manual are available on the Mothers and Babies website. At this time, these have not been updated to include the mindfulness practices. However, we strongly encourage you to incorporate mindfulness as you see fit.

Be aware of potential barriers to participation such as transportation and childcare, and provide refreshments as you are able.



### Best Practices

- Group size: 6-10 participants
- Maintain “closed” group - This means people external to the group and new participants should not join after the first couple of sessions so as to build trust among group members and thus, social support.
- Establish guidelines as a group during first meeting that all agree on. For example:
  - What is said in group stays in group
  - Put away devices during group and refrain from using as much as possible
  - Accept group members and listen without judgement
- Send reminders to group members between sessions to reinforce learning principles

Additional tips for running virtual MB groups can be found on the Mothers and Babies [website](#).