

2016 Year in Review

By J. Kevin Nugent

The year 2015 was a singularly unique year of “firsts” for everyone involved in NBONBASInternational. The highlight of that year was undoubtedly the NBAS and NBO International Trainers Meeting at Harvard. While experienced long-time Trainers from many countries were in attendance, the meeting also drew a whole new generation of trainers and aspiring trainers to Boston from across the globe, for the first time. Brilliant presentations by the invited speakers, **Leonard Rappaport, Heidelise Als, Jerome Kagan, Terrie Inder, Jack Shonkoff and Charles Nelson** reflected the newest advances in the field, while **Berry Brazelton’s** presence and engagement enhanced the occasion for all participants. Perhaps more than anything, it was the level of participation by all attendees that was its enduring legacy, such that that the momentum from that meeting carried forward into **2016**, when new studies began to take shape, new international trainings were initiated, different study groups began to work together and more NBO and NBAS trainings were offered.

The most notable training achievement of 2016 was that in the UK alone, Joanna Hawthorne and her colleagues offered 43 NBO courses and two NBAS courses. Another significant first was that our colleague, NBO Trainer Campbell Paul was appointed President-elect of WAIMH. A noteworthy milestone of 2016 was that many participants met again in Prague in 2016 on the occasion of the 15th World Association for Infant Mental Health Congress, where NBO and NBAS papers made a notable contribution to the Congress. The “Firsts” for 2016 also included the first NBO trainings to be offered in Denmark, Hong Kong, Japan and New Zealand, the initiation of new NBO trainers in Norway, a new NBAS trainer for Australia and New Zealand, the introduction of the NBO to the Mallee District Aboriginal Services (MDAS) in regional Victoria, Australia, the development of an E-learning platform for the NBO in Norway.

Finally, in this year, **Berry Brazelton** received the ZERO TO THREE LIFETIME ACHIEVEMENT AWARD "for unwavering commitment to advancing research, practice, and policies benefiting America's babies". Not his "first", of course, but in this the year of his 98th birthday a worthy accolade in addition to the many national and international awards he has received over the course of his lifetime.

January

PORTUGAL: Our new year began in earnest with an international conference in Lisbon organized by NBAS Pioneer and Trainer Professor **Joao Gomes Pedro** and the Fundação Brazelton/GomesPedro. The three-day conference, *The Love Synapses: Building Strong Children, Families and Communities*, drew over 800 health care and education professionals to Lisbon from all over Portugal. Speakers included: **Ana Teresa Brito, Joao Gomes Pedro, Maria do Céu Machado, Charles Nelson, J. Kevin Nugent, Emilio Salgueiro, Adriana Sampaio, Danile Sampaio, Isabel Soares** and **Joshua Sparrow**. From the inspirational opening address delivered by Joao Gomes Pedro himself, which included a tribute to Berry Brazelton’s role in shaping the field, to the final address by former **Portuguese President Jorge Sampaio**, the conference presented many groundbreaking ideas relevant to our work with infants and families. President Sampaio’s words captured the spirit of the meeting when he argued that it is necessary to teach tolerance from the very beginning of life - "I do not know what the world will be like five or ten years from now, but I hope you can look back and realize ... that we have been able to preserve the values of democracy, rights, freedom and tolerance that we believe in and come back to the troubled page of the first two pages of the twenty-first century". (See News from Around the World for photo and more information)

BRAZIL: A new book for parents, *Cuidar & Crescer Juntos* was developed by NBO practitioners **Claudia Lindgren Alves** and **Livia de Castro Magalhães**, Sofia Feldman Hospital, Belo Horizonte, Argentina, in their roles as

coordinators of the "Care and Grow Together" project, funded by Grand Challenges Canada-Saving Brains, in partnership with Sofia Feldman Hospital.

February

USA: **Kevin Nugent** and **Beth McManus** (co-PIs) received a research grant from the Deborah Munroe Noonan Memorial Research Fund to test the effectiveness of the NBO as a model of care in a large sample of infants served by Early Intervention programs for infants with developmental disabilities or delays in the State of Massachusetts. The purpose of the study is to determine the effects of the NBO on infant cognitive and social-emotional function and maternal depression. NBAS and NBO Trainer **Yvette Blanchard** is a consultant on the grant and involved in follow-up data collection and supervision while NBO Trainer **Jayne Singer** is involved in the training and mentoring of the EI practitioners.

NBO Training took place in Boston at the Charles River Community Health Center on February 15-16th, 2016 with **Connie Keefer** and **Kevin Nugent** serving as trainers.

Two articles by NBO Trainer **Beth McManus** and her colleagues were published in February. The first was: State Medicaid Eligibility Criteria and Unmet Preventive Dental Care Need for CSHCN and appeared in the *Maternal Child Health Journal*. 2016 Feb; 20(2): 456-65. doi: 10.1007/s10995-015-1843-6. PMID: 26520157. The second of these was "Which Children Are Not Getting Their Needs for Therapy or Mobility Aids Met? Data From the 2009-2010 National Survey of Children With Special Health Care Needs) and published in *Physical Therapy*, 96(2): 222-31. doi: 10.2522/ptj.20150055.

March:

NORWAY: A meeting of Nordic Newborn Behavioral Observations (NBO) practitioners was organized by NBO Trainers **Unni Tranaas Vannebo** and **Kari Slinning** and took place in Oslo this month. Eighty-five NBO practitioners from all over Norway attended. While **Kevin Nugent** was the keynote speaker at the meeting, the highlight of the meeting featured NBO practitioners reporting on their logs and describing their work with the NBO. Many speakers reported that learning the NBO has been "life-changing" for them and has transformed their practices, so that they cannot "take off their NBO glasses". Others discussed the challenge of "unlearning being an advice-giver and telling people what to do" and "bringing forward the baby's voice" and "making parents more visible and allowing parents to take the lead". All participants reported on the strong sense of community and camaraderie that exists between all the NBO practitioners and added that the NBO has made a significant contribution to their confidence in their work.

The 25th Nordic Infant Mental Health (NFSU) Jubilee Conference took place in Oslo, Norway on March 10th, 2016. **Unni Tranaas Vannebo**, President of the Nordic Association for Infant Mental Health and NBO Trainer, introduced **Kevin Nugent** as the keynote Speaker. The title of his talk was: *Beginning in the Perinatal Period – a unique opportunity for preventive intervention and support for parents*. Participants came from all over Norway, Denmark, Iceland, Sweden and Finland. Other speakers included Professor Emeritus **Lars Smith**, **Sari Ahlqvist-Björkroth** and **Mette Sund Sjøvold**.

Three new Norway trainers received their NBO Trainer certificates in Oslo this month – undoubtedly a reflection of the dynamism of the NBO Training program in Norway. The new trainers are **Nina Cheetham Bøhle**, **Rakel Aasheim Greve** and **Hege Sandtrø**. (See Norway: News from Around the World for photograph and further information)

USA: In the United States, NBO training led by Drs. **Keefer and Nugent** took place at the University of California Davis Extension's Infant-Parent Mental Health Fellowship Program in Napa, CA, which is directed by Dr. **Kristie Brandt**. This first NBO training in the Napa-based Fellowship program was offered over 12 years ago and the multidisciplinary program now draws participants from all over California and from all over the US and abroad.

NBO training also took place as part of the Infant-Parent Mental Health Postgraduate Fellowship/Certificate Program at the University of Massachusetts, Boston on March 4th, 2016. Professor **Ed Tronick** is the Faculty Chief and Dr. **Dorothy Richardson** is the Program Director. Participants from many countries include psychologists, physicians, social workers, marriage-family therapists, educators, occupational therapists, physical therapists, nurses, speech/language & communication therapists, and other professionals attended. The training was led by **Drs. Keefer and Nugent**.

Two articles by **Beth McManus** were published this month: "Identifying Infants and Toddlers at High Risk for Persistent Delays", which appeared in the *Maternal Child Health Journal*, 20(3):639-45. doi: 10.1007/s10995-015-1863-2. PMID: 26518005. The second was an article (with Dawn Magnusson as first author) called, "Capturing Unmet Therapy Need Among Young Children With Developmental Delay Using National Survey Data". It was published in March in *Academia Pediatrics*, 16(2):145-53. doi: 10.1016/j.acap.2015.05.003. PMID: 26183004.

April:

USA: Two NBO trainings took place in Boston in April 2016 (one with the Dulce group) with **Connie Keefer, Kevin Nugent** and new NBO trainers **Nancy Deacon and Aditi Subramaniam** and Trainer-in-training **Carmen Noruna**. DULCE Family Specialists will use the NBO to partner with parents of newborns – with the dual goals of improving child development and reducing maltreatment.

Data collection on the new RCT study (**Kevin Nugent and Beth McManus**) "The Effects of the Newborn Behavioral Observations system-Early Intervention (NBO_EI) Model of Care" began this month.

NORWAY: NBAS Trainer **Jorun Tunby** reports that in Tromsø, Norway, **Hege Syversen Smerud** and **Heidi Fjeldheim**, completed the NBAS training and were certified in April 2016. They are both working with newborn infants of mothers who need support during the crucial first months of their children's lives.

SLOVENIA: NBAS-trained pediatrician **Professor Darja Paro Panjan** reports that there are five NBAS or NBO trained professionals at the Neonatal Department of the University Children's Hospital in Ljubljana, Slovenia. Three of them routinely performed NBAS or NBO as an intervention to promote the understanding of newborn behavior to parents. In the future they plan to continue using both the NBAS and NBO and to evaluate the parent's experiences with NBAS or NBO using the Parent Questionnaire, which was translated in 2016. Additionally, at the neonatal department they have regular weekly supportive group sessions for parents with NBAS-trained nurses and clinical psychologists

May/June

UK: NBO Training was presented by the Royal Society of Medicine in London on May 5-6th. The two-day workshop was presented by Brazelton Centre UK faculty, **Betty Hutchon** and **Libe Deller**.

UK/GERMANY: **Joanna Hawthorne** visited the University Medical Centre Hamburg, Germany on June 2nd-3rd, 2016 to certify **Susanne Mudra** and her colleague **Susanne Malcherek** on the NBAS. Afterwards, **Joanna Hawthorne** presented a lecture on the NBAS and NBO for nurses, psychiatrists and psychologists at the Mother and Baby Unit, Department of Child and Adolescent Psychiatry and Psychotherapy. The NBAS is used in Hamburg in clinical work with mothers and babies and is implemented during home-visits 3 weeks after birth as part of an ongoing prospective perinatal study on parental anxiety and infant emotional development, conducted by **Susanne Mudra** in cooperation with the Department of Obstetrics and Fetal Medicine, UKE Hamburg.

CZECH REPUBLIC: Among the 1600 delegates who attended the 15th World Association for Infant Mental Health Congress in the historic city of Prague - "the city of a hundred spires" - from May 29th to June 3rd., 2016, were over 70 NBO and NBAS Trainers and personnel, from 18 different countries in Africa, Asia, Europe and North and

South America. Two symposia, one poster workshop, a series of individual posters and oral presentations featured work with the NBO and NBAS, while **Kevin Nugent** delivered a Master Lecture. Our colleague, **Campbell Paul**, served as Chair of the Scientific Committee and reiterated the consensus view that it was a most successful and inspiring meeting and that the NBO/NBAS International papers made a notable contribution to the Congress.

On the eve of the Congress, a meeting of NBAS and NBO trainers was also held at the WAIMH Conference Hotel on Sunday morning, May 29th. The meeting was co-chaired by **Kevin Nugent** and **Joanna Hawthorne** and moderated by **Susan Nicolson**. Conference presenters discussed their WAIMH presentations and this was followed by NBO and NBAS trainers discussing their training programs, followed by reports on on-going or planned research studies. Brief reports on a number of randomized controlled trials on the effects of the NBO on a range of outcomes, postpartum depression in particular, were presented:

- Denmark (**Hanne Kronberg and Merethe Winter**)
- Norway (**Kari Slinning** and colleagues)
- US (**Beth McManus and Kevin Nugent** and **Yvette Blanchard and Jayne Singer**)
- Australia (**Susan Nicolson** and colleagues)
- South Africa (**Katherine Frost, Nicky Dawson and Jade Richards**)
- Brazil (**Livia Magalhaes & Claudia Lindgren Alves**).

There was further discussion on the importance of reviewing NBO training and the critical role of mentoring and reflective practice. A range of training models are in place, so that there was a strong recommendation that provision be made for further on-going on-line discussions on both training and on research. This site will provide a forum for these discussions.

On the same Sunday night, fifty-one NBAS and NBO trainers and friends gathered for dinner at the Francouzská Restaurace Art Nouveau in the old city. Trainers and future trainers from Australia, Belgium, Brazil, China, Denmark, Ecuador, Germany, Italy, Japan, Norway, Portugal, South Africa, Sweden (represented by future Sweden trainer, Johanna Mansson), Switzerland, UK and USA were represented. Guests included, **Bob Emde**, Honorary President of WAIMH, **Linda Gilkerson** and her colleagues **Mary Claire Hefron** and **Alison Steier**, **Roseanne Clark** and Jeff, **Linda Tuchman** and Alan (US), **Alex Harrison** (US) and her colleagues, **Alayne Stieglitz** (US) and **Neena Lyall** (India), **Patricia O'Rourke and Chris Rawlinson** (Australia), **Susanne Malcherek** (Germany), **Hanne Braarud** (Norway), **Dorith Wiczorek-Deering** (Ireland) and **Lynn Pridis** (Australia). A message from **Joao Gomes-Pedro** was read to all and greetings were sent to **Berry Brazelton** in Cape Cod, to Joao in Portugal and to other absent friends.

In the Congress itself, two symposia and a poster workshop featured research with the NBO. An international symposium entitled, "The Newborn Behavioural Observations (NBO): Focussing on community-based promotion of the parent infant relationship" was convened by **Susan Nicolson**, while **Kevin Nugent** served as discussant. Presenters included: **Kari Slinning, Unni Vannebo & Frances Drozd (Norway), Katherine Frost (South Africa), Merethe Vinter & Inge Nickell (Denmark), Susan Nicolson, Campbell Paul & Danielle Dougherty (Australia)**. The second symposium was "Meeting the very sick baby in NICU and beyond: applying the Newborn Behavioural Observation (NBO) in supporting vulnerable relationships between the baby and her parents, from diverse international settings" and was moderated by **Campbell Paul**. Presenters included: **Yvette Blanchard, Beth McManus, Jayne Singer & Kevin Nugent (USA), Deanna Gibbs & Emily Hills (UK), Livia Magalhaes, E. Dittz, M. Guimaraes & Claudia Lindgren Alves (Brazil), Megan Chapman & Campbell Paul (Australia)**. The Poster Workshop was convened by **Joanna Hawthorne, (United Kingdom) & Susan Nicolson (Australia)** and included presentations by **Jeanette Appleton & Inge Nickell (UK), Katherine Frost, Nicky Dawson and Jade Richards (South Africa), Joanna Hawthorne (UK), Betty Hutchon and Susana Nicolau (UK)**.

Other NBO and NBAS related presentations included papers by **Rakel Greve, Hanne Braarud & Kari Slinning (Norway); Zhang, H. P., Zu, S.E., Sun, H. L., Duan, X. F., Zeng, J. A., Zhang, H. F., Sheresta, A., Zhu, Z.L., Li, H. (China); Natalie M. Duffy, Campbell Paul & Susan Nicolson (Australia); Beulah Warren and M. Birch (Australia); Alexandra Harrison, Alayne Stieglitz, N. Lyall (USA and India); R.A. Belot, A Caron, S. Richard and D. Vennat (France and Belgium); M. Barbosa, Anna-Terese Brito & Joao Gomes-Pedro (Portugal); Lynn Priddis**

(Australia); Johanna Mansson & Karin Stjernqvist (Sweden); K. A. Frankel, Carmen Norona, K. Thomas & M. St. John (USA); Roseanne Clark (USA); Megan Chapman and Campbell Paul (Australia); Marie-Paule Durieux and A. B. Johansson (Belgium); H. Verpe, S. Skotheim, M. Søvik, M. K. Malde, K. M. Stormark, U. Vannebo, L. Smith, V. Moe (Norway); Patricia O'Rourke (Australia).

(For more details on the symposia and the workshop and the individual presentations see In the News on the Brazelton Institute website).

USA: Yvette Blanchard offered NBAS training to Megan Bradley, Post-doc fellow in Psychology at Frostburg University in Maryland, Isabel Miranda, pediatrician from Chile and Dr. Oladiji (Diji) Vaughan, pediatrician from Phoenix, originally from Nigeria, who also works with high-risk infants in NICU follow-up. NBO training was presented at the University of New Mexico School of Nursing by Connie Keefer and Ann Stadler on June 21-22nd.

USA: An article, "Urban/Rural Differences in Therapy Service Use Among Medicaid Children Aged 0-3 With Developmental Conditions in Colorado" by Beth McManus and colleagues was published this month in *Acad Pediatr.* May-Jun;16(4):358-65. doi: 10.1016/j.acap.2015.10.010. PMID: 26546856

AUSTRALIA: At the 8th International Conference on Social Work in Health and Mental Health at NUS University Cultural Centre and University Town, Singapore on 19 - 23 June 2016, Susan Nicolson presented a paper entitled, "Yogabond Project: An Innovation of the Young Women Health Program at the tertiary obstetric hospital in Melbourne, Australia".

July

IRELAND: On the occasion of being awarded a doctorate from the University of Ulster on July 5th, 2016, our colleague, NBAS and NBO trainer, Betty Hutchon was invited to present the graduation address. In her moving address – peppered with typical Betty humour – she outlined her journey in the field and humbly acknowledged the role her mentors and colleagues played on that journey. She ended her address with the following story directed to her fellow graduates: "A traveller was walking along a beach when he saw a woman scoping up starfish off the sand and tossing them into the waves, and curious he asked her what she was doing. The woman replied, "when the tide goes out it leaves these starfish stranded on the beach and they will dry up and die before the tide comes back in so I'm throwing them back into the sea where they can live". The traveller then asked her, "but this beach is miles long and there are 100s of stranded starfish many will die before you reach them - do you really think throwing back a few starfish is really going to make a difference?" The woman picked up a starfish and looked at it then she threw it into the waves. "Well, it makes a difference to that one" she said."

DENMARK: This month marked the formal beginning of the longitudinal NBO study by Professor Hanne Kronborg from the Department of Public Health, Aarhus University. This Randomized Controlled Trial (RCT) is designed to examine the effects of the NBO in a preventive primary care setting. The study will be carried out in six medium sized municipalities in Jutland in northern Denmark. NBO trainers, Inge Nickell and Merethe Vintner are carrying out the training of the Health visitors. The study began this July with the randomization of health visitors to intervention and comparison groups. The study will continue until July 2019.

ICELAND: This month In Iceland, NBO practitioner/researcher, Stefania Arnardóttir, began data collection on her study on the effects of the NBO on a sample of mothers with high EPDS score during pregnancy or have history of trauma or depression/anxiety.

August

New Zealand: In August, Campbell Paul and Susan Nicolson presented the first ever NBO training in New Zealand in Christchurch! The participants, they reported, included "an unusually large proportion of psychiatrists and early intervention workers".

USA: At the Brazelton Touchpoints Center 2016 National Forum, which took place in Providence, Rhode Island, NBO trainer **Claudia Quigg** discussed the use of the NBO as a model for the strategy of “using the child’s behavior as our language” when working with families. More than 150 people from all over the U.S. gathered for the meeting. During the same month, **Connie Keefer** and **Yvette Blanchard** presented NBO training to the Kootenai tribe in Montana.

NORWAY: In an article published this month, **Kari Slinning and Unni Tranaas Vannebo** were co-authors on an article entitled, “Precursors of social emotional functioning among full-term and preterm infants at 12 months: Early infant withdrawal behavior and symptoms of maternal depression.” It appeared in *Infant Behavior and Development*, 6;44:159-68. Epub 2016.

Another article with **Kari Slinning** as co-author, “The Impact of Perinatal Depression on Children’s Social-Emotional Development: A Longitudinal Study” was published this month in the *Maternal and Child Health Journal*. DOI: 10.1007/s10995-016-2146-2.

USA: Beth McManus was a co-author on a paper on “The Role of Physical Therapists in Reducing Hospital Readmissions: Optimizing Outcomes for Older Adults During Care Transitions From Hospital to Community” by Falvey et al. which appeared this month in *Physical Therapy*, 96(8):1125-34. doi: 10.2522/ptj.20150526.

September

HONG KONG: The first NBO training to take place in Hong Kong was hosted by the Hong Kong Association for Infant Mental Health (HKAIMH) and was coordinated by **Joyce MOK**, President of HKAIMH, assisted by **K.H. Chung**, from the Executive Committee of HKAIMH. Trainers were **J. Kevin Nugent** and **Campbell Paul**. Campbell had been consulting with the group for some time so that the thirty participants who came from a range of professions including midwives, psychologists, psychiatrists, pediatricians, social workers, physical therapists & occupational therapists were very well prepared for the training. The evaluations of the training were extremely positive and trainees were excited about the possibility of learning to integrate the NBO into their respective settings. For all participants the live NBO sessions, which were facilitated by Joyce Mok and her colleagues and took place at the United Christian Hospital in Kowloon, were especially revealing in that they highlighted the strength-based relational character of the NBO philosophy and the importance of including the parents as partners in the NBO session.

JAPAN: An initiative by **Professor Shohei Ohgi**, Director of NBAS and NBO training in Japan, has led to **Dr. Eiko Saito** and **Dr. Mariko Iwayama** being trained and installed as the first NBO trainers for Japan. Eiko was first trained on the NBO in Boston and Mariko was trained in the UK and both have been using the NBO for a number of years. Eiko is a nurse midwife and is an Associate Professor in the graduate School of Nursing at the Japanese Red Cross College of Nursing. Mariko Iwayama is a clinical psychologist and teaches at Kyushu University and is a member of the Japan Association of Perinatal Mental Health. The NBO program was established by and is under the direction of **Professor Shohei Ohgi**, Director of NBAS training in Japan. The new program, *NBOJapan*, (see nbojapan@hyahoo.co.jp) was inaugurated on the occasion of the first NBO training to be offered in Japan in September 2016. Along with Professors **Campbell Paul and Kevin Nugent**, Eiko and Mariko assisted in the delivery of NBO training in Tokyo and in Nagoya. They provided translation and demonstrated the NBO in live sessions during the training and offered supervision during the virtual NBO sessions. Thirty trainees participated in NBO training in Tokyo at the Japanese Red Cross College of Nursing on September 12-13th. Thirty participants also joined the University of Nagoya training later that week at the Japanese Red Cross Nagoya Daini Hospital. NBAS Trainers **Dr. Masako Nagata** and **Dr. Yukio Nagai** hosted this training. A special Open Lecture took place on Sunday September 18th at Nagoya University, Higashiyama Campus, which featured lectures by **Professors Paul, Nugent and Nagata**.

DENMARK: **Inge Nickell** and **Merethe Vinter** delivered NBO training in Denmark to 57 health visitors from four different municipalities during September and October. The training is part of a large RCT project, directed by

Hanne Kronborg at the Department of Public Health, Aarhus University, which is examining the short-term and long-term effects of a universal intervention using the NBO delivered by a Health Visitor on child and family outcomes. “The health visitors arrived at the training with lots of interest and enthusiasm. They all received an introduction to the NBO by the research team prior to the two-day training to inform them of expectations of the project and the training”.

UK: On the 22nd September, **Kim Benn**, Midwife and NBO evaluator, represented The Brazelton Centre at the Birthlight Conference held at Girton College, Cambridge. Then on the 30th September at the 20th Birthday Celebratory Conference of the Association of Infant Mental Health UK (AIMH UK), **Susana Nicolau** and **Joanna Hawthorne** presented a poster about health visitors using the NBO with families. Findings revealed that in 84% of the families visited in their homes, both mother and father were present for the NBO session.

NORWAY: In Norway, physiotherapist **Cathrine Labori** was certified on the NBAS in September and is participating in a research project conducted by **Gunn Kristin Øberg**, an intervention study inspired by NBAS.

AUSTRALIA: **Campbell Paul** was co-author on a paper, “Family Impact and Infant Emotional Outcomes Following Diagnosis of Serious Liver Disease or Transplantation in Infancy”, published this month in the *Journal of Pediatric Gastroenterology and Nutrition*. **Campbell** also chaired a symposium at the 2016 Marcé Society Biennial Scientific Conference which took place this month in Melbourne, Australia, entitled, “WAIMH Symposium Intervening with the Troubled Early Infant-Parent Relationship through Supporting the Development of Reflective Capacity and Emotional Regulation.”

USA: NBO trainer **Claudia Quigg** wrote and published a resource for professionals working with infants and families in the State of Illinois. *Professionals Partnering with Newborns and their Families*, published in September 2016, provides “basic information about the many opportunities in working with families during the critical prenatal and newborn periods”. This book was disseminated throughout many program funding streams and professional groups.

The Little Company of Mary Hospital in Chicago hosted NBO training, which was conducted by **Ann Stadler** on Sept 20th—21st. NBO training was also presented at Russell Child Development Center, Garden City, Kansas on September 13-14, 2016. **Yvette Blanchard** and **Aditi Subramaniam** made up the faculty.

On September 16th, NBAS trainer **Nadia Brusweiler-Stern** and The Boston Change Process Study Group (BCPSG) presented a workshop on “On Engagement” at the Austen Riggs Center, Mass. The key objective of the workshop was to enable participants to critique how engagement is part of development and how engagement happens in relationships, including therapeutic ones.

AUSTRALIA: **Susan Nicolson** presented a paper, “The AMPLE intervention for adolescent parents” at the BIENNIAL GENERAL MEETING OF THE INTERNATIONAL MARCÉ SOCIETY FOR PERINATAL MENTAL HEALTH, Melbourne, Australia, Sept 26-28th, 2016.

NORWAY: **Kari Slinning** was a co-author on a study on “The Implementation of Internet Interventions for Depression: A Scoping Review”, which was published this month in the *Journal of Medical Internet Research*, 18(9): e236.

October:

USA: On October 17th, the ZERO TO THREE LIFETIME ACHIEVEMENT AWARD was presented to **T. Berry Brazelton** “for unwavering commitment to advancing research, practice and policies benefitting all of America’s babies”.

NORWAY: The Norway NBO trainers team - **Kari Slinning**, **Unni Tranaas Vannebo**, **Inger-Pauline Landsem**, **Nina Cheetham** and **Hege Sandtrø** - gathered for a 4-day workshop to continue their work on the development of an E-

learning platform for the NBO, an initiative by NBO trainer, **Rakel Greve**. (See *In the News* for more details).

USA: NBO Training was conducted at the University of Wisconsin Capstone Certificate Program in Infant, Early Childhood and Family Mental Health in October 2016. NBO training has been an integral part of the program since it was inaugurated seven years ago. The program, founded in 2009 by **Dr. Roseanne Clark**, Associate Professor in the Department of Psychiatry, University of Wisconsin School of Medicine and Public Health and by **Dr. Linda Tuchman-Ginsberg**, who has contributed to early childhood professional development for almost 35 years, continues to flourish. This year, NBO training was presented to the Capstone fellows and a group of home visitors by **Dr. Constance Keefer** and **Kevin Nugent**, while **Michele Meier**, **Amber Evenson** and **Sarah Strong** are also involved in mentoring support (See News from Around the World for more details)

AUSTRALIA: In the month of October in Australia, NBO trainer **Susan Nicolson** and **Patricia O'Rourke** presented a Master Class on "Innovative Practice with Newborn Families: Identifying Difficulties and Promoting Bonding" at the *Australian College of Children and Young People's Nurses* at the Conference in Adelaide, South Australia. The three-hour workshop featured Susan's work on the NBO and the Maternal Looking Glass, developed by Patricia O'Rourke.

BELGIUM: NBAS Trainers, Drs. **Claire De Vriendt-Goldman** and **Marie-Paule Durieux** presented their annual, "Brazelton Day", an encounter organized every year in October with the current and former NBAS trainees. During this event, they welcome questions about the uses of the NBAS in challenging clinical situations.

November:

UK: At the UK NorPIP Annual conference - Perinatal Mental Health and Infant Mental Health: Intrinsic links and Integrated strategies - **Inge Nickell**, Specialist health visitor in infant mental health and NBAS and NBO trainer presented a workshop: 'Approaches to embedding parent-infant observation in the healthcare system: Using the Neonatal Behavioural Assessment Scale (NBAS) & Newborn Behavioural Observation (NBO)'. Then on the 15th and 16th November at the CPHVA Conference (Community Practitioners and Health Visitors Association), **Susana Nicolau** represented The Brazelton Centre UK, with the poster: 'Practitioners use of the NBO six months after the training course'

NBAS and NBO trainer **Maggie Wood** reports that another cohort in Middlesbrough received training in the NBO this month. "Baby Stars (NBO and NBAS) is used on regular basis and as nearly all our staff are now trained, aspects and underpinning concepts are used throughout practice for all babies/families", she adds.

NORWAY: NBO trainers **Unni Tranaas Vannebo** and **Rakel Aasheim Greve** presented NBO training to nurses in the district of Romsdal area on the north west coast of Norway. The NBO training was covered by the **Romsdals Budstikke newspaper**. An article with NBO Trainer **Kari Slinning** as co-author, "Association between maternal postnatal depressive symptoms and infants' communication skills: A longitudinal study" was published this month in *Infant behavior & development* 45(Pt A):83-90.

AUSTRALIA: At the Tresillian Family Care Centre in Sydney, Australia in November of this year, NBO training was conducted by trainers **Campbell Paul**, **Susan Nicolson** and **Beulah Warren**. Over twenty participants attended the training.

December:

UK: On the 12th of December the Brazelton Centre UK joined Babies in Mind, a Maternal Mental Health Alliance project to present a "Babies in Mind Seminar". **Sally Hogg**, Strategic Lead, Mums and Babies In Mind, introduced the event, while **Joanna Hawthorne** described the NBO (and NBAS) and **Catherine Mee** also spoke about the Perinatal and Infant Mental Health pathway in Tameside. **Deborah O'Dea** presented a moving case study

describing the use of the NBO with a depressed mother in Blackpool, and **Catherine Whitcombe** from Gloucestershire described the introduction of NBO training to Gloucestershire and gaining funding to train all health visitors there. The Q&A session highlighted the need to disseminate information about baby behaviour widely to other as yet unreached professionals in the UK.

CHINA: On Dec 10, **Prof. Hui Li** and her group in Xi'an presented a conference "Mother and Infant Mental Behavior and Emotion Management."

USA: **Claudia Gold** joined **Kevin Nugent** to present NBO training in Boston in December 2016. At the Zero to Three Annual Conference in New Orleans, NBO Trainer-in-training, **Carmen Noruña** and her colleagues presented on "Deepening Self-Awareness to Create Organizational Change and Promote Equity: Using the Diversity-Informed Tenets". In this month, **Kevin Nugent** also presented an introductory workshop on the NBO to The Infant-Parent Training Institute (IPTI) Fellows at the Jewish Family and Children's Service, Waltham, Mass. The IPTI offers integrated clinical and theoretical training in infant mental health to professionals from multiple disciplines including social work, psychology, counselling, psychiatry, pediatrics, early education/child care, nursing, and allied health fields.

NORWAY: In Tromsø - considered the northernmost city in the world – the NBO-intervention study led by professor **Catharina Wang**, with NBO trainers **Inger Pauline Landsem** and **Kari Slinning**, serving as collaborators, continues. The intervention group receive three serial NBOs: 1) Routine care plus the NBO at the hospital within two days post-delivery; 2) Routine home visit plus the NBO by a public health nurse when the infant is 7-10 days old; and 3) NBO at the well-baby clinic when the infant is about 4 weeks old. Main outcome measures are EPDS, PSI and EAS.

SWEDEN: NBAS Trainer, Professor **Karin Stjernqvist** and her colleague **Johanna Mansson**, Dept. of Psychology, Lund University, Sweden continue to work on reporting the results from the 6-years follow-up of EXPRESS (Extremely Preterm Infants in Sweden Study) and are also planning the 12-years follow-up program.