



# New Baby?

What is my baby thinking and feeling?

What does my baby need?

How will my baby handle new situations in the world?

**Parents of newborns have questions!**

Get to know your little one with a  
**NEWBORN BEHAVIORAL OBSERVATION!**

During this one-hour individualized bonding session, either in your home or at my play therapy office, you'll deepen your connection with your newborn through careful, attuned observation and playfulness.

The Newborn Behavioral Observation (NBO) is a relationship-building activity, designed to help you read your baby's behavioral cues, and get to know your unique little one in a deeper way. It is intended for babies from birth to three months of age, and is facilitated by a compassionate, knowledgeable practitioner, with specialized training in infant behavior. The NBO is not an assessment, and it is not intended to identify concerns.

Learn more about Maggie by scanning the QR code,  
or call 323-366-1207 for a free 15-minute consultation.

See reverse side for Frequently Asked Questions.



About Maggie Moore, MA, LPCC



Maggie is a bilingual (English/Spanish) licensed psychotherapist, specializing in Infant and Early Childhood Mental Health. Maggie is completing NBO training under the mentorship of certified trainers from The Brazelton Institute at Boston Children's Hospital. Your participation helps Maggie work toward certification as an NBO provider, and for this reason, she is offering the NBO free of charge for a limited time.

COVID-19 precautions will be discussed and agreed upon, so that you can feel most comfortable during your session.

**New Service for New Parents!**

# Frequently Asked Questions



## "Why should I participate in an NBO session?"

- Parents and caregivers who have participated in the NBO enjoyed sharing their baby's **unique personality** with an NBO provider, and many felt "seen" by their provider.
- Many parents leave the NBO feeling a renewed sense of **confidence in their parenting** abilities.
- You'll observe your baby's preferences and communication cues, which may help you to support them with daily activities like sleeping, feeding, and soothing.
- Participating in the NBO has been associated with **decreased rates of postpartum depression** in new parents.

## "What will you do during the NBO?"

- We'll work together to prompt your baby to show us some of their skills, and we'll talk together about how your baby uses these skills in order to **thrive in their environment**.
- I may ask for permission to hold your baby during some of the activities, and I may ask you to hold them during others.
- We'll talk together the whole time about the purpose of the activities, and we can skip any one you want! You just let me know as we go along.

## "What are you assessing for?"

- The NBO is **not an assessment**, so your baby won't receive a score. Instead, we're looking together at your baby's **unique strengths, abilities, and temperament**.
- If you do have concerns about your baby, I might offer to schedule a follow-up appointment with you, or I might point you in the direction of a specialist who can answer your questions.

## "My newborn's schedule is unpredictable... What if my baby's asleep or feeding when you get here?"

- That's okay! In fact, sometimes it's best if we begin our observation **when your baby is sleeping**.
- The ideal time for an NBO is right between feedings, but we can observe and learn from your baby at any time of day that's convenient for you and your family.

### Have more questions?

Call 323-366-1207 for a free 15-minute consult.

