

# Newborn Behavioural Observations (NBO)

## Training Programme

### Pre-training Requirements:

1. Please ensure that you have watched the following webinars prior to your NBO training course which can be found on our learning platform:
  - Introduction to the Newborn Behavioural Observations by Dr Kevin Nugent
  - Baby States Video
  - Baby Behaviour by Dr Betty Hutchon
2. Read Chapter 3 of the Understanding Newborn Behavior and Early Relationships: The Newborn Behavioral Observations (NBO) System Handbook

## Day 1

Time	Session
8.45	Welcome, introductions to one another and to the NBO course programme Introduction to the Newborn Behavioural Observations
10.00	Tea and coffee break
10.15	Baby behavioural states The NBO tool step-by-step (this is a practical session, so please have a doll available)
12.30	Lunch break
13.15	The Behavioural Profile and using the 'AMOR' framework
14.25	Video observation of an NBO in practice followed by discussion
15.20	Tea and coffee break
15.30	Practice the NBO & discussion
16.30	End of Day 1

**Homework:** Please watch the Recording Form webinar (by Inge Nickell, senior trainer) and practice with your doll at home.



## Day 2

Time	Session
8.45	Arrival and welcome
9.00	Review of Day 1: discussion and questions
9.30	NBO practice session with demonstrations
10.15	Tea and coffee break
10.30	Watch a complete NBO and record observations. Followed by sharing and discussion of observations Practical session
12.00	Lunch
12.45	Using the NBO with vulnerable families and babies
14.00	Implementing the NBO in practice settings
15.00	Tea and coffee break
15.20	Case studies, practice, and discussions
16.00	Certification process and conclusion of training
16.30	End of Day 2

\*NB: All times in the programme are GMT.\*