



The healing effect of sharing a baby's communication with mothers experiencing mental illness

Often mothers with mental illnesses do not realise how important they are to their baby. They may be preoccupied with their own state of mind and may be filled with worries, guilt and anger. Many do not feel a sense of connection with their baby.

When a professional uses the NBO to share the amazing abilities of the baby to communicate this allows mothers to:

- ...see their baby is an individual with unique ways of communicating.
- ...see how responsive their baby is to their face and voice.
- ...know their baby wants to interact and build a relationship with them.
- ...have increased sensitivity towards their baby's needs.
- ...feel empowered and more confident with their baby.
- ...have less focus on themselves and their own symptoms.
- ...realise how important their role as a mother is.

