

Mother-Baby Nurture® Group

Description and Referral Process

Ngala will be delivering the Mother-Baby Nurture® (MBN) groups at Baldivis, Coolbellup, Gosnells and Yokine.

Description

- Mother-Baby Nurture® group is a 10-week therapeutic support group for 5-7 mothers and their 0-6 month (pre-crawling) infants hosted by two facilitators.
- In a safe and welcoming environment, we invite participants to gently explore their thoughts and feelings towards their new role and relationships.
- We include the infants in the sessions, observing how they engage with their environment and reflecting on what they may be thinking or feeling.
- Our practice is informed by parent-infant psychotherapy and mentalisation based treatment. It's attachment-focused like Circle of Security, however it is delivered in an experiential way, with the infant participating in the process.

Outcomes

The group aims to promote infant mental health by:

- strengthening maternal sensitivity and attunement,
- decreasing symptoms of maternal distress, anxiety, and depression,
- developing parenting capacity and confidence, and
- lessening the mothers' sense of isolation.

Please direct mothers to us that may:

- struggle with the transition to parenting (not exclusive to first-time mothers),
- express relational or developmental difficulties with baby,
- report a history of pregnancy/birth trauma, loss, family of origin/relationship difficulties, or
- have elevated symptoms of depression or anxiety.

Mother-Baby Nurture® is a targeted support group, which is complementary and not intended to replace psychological, psychiatric, or medical advice or services. Mother-Baby Nurture® at Ngala is funded by the Mental Health Commission.

Locations: Albany, [Baldivis](#), Bunbury, Busselton, [Coolbellup](#), Ellenbrook, [Gosnells](#), Kwinana, Mandurah, Midland, Wellard and [Yokine](#).

Cost: No cost to participants.

How to refer: We welcome referrals from all perinatal and infant mental health practitioners. Please complete the form overleaf.



Ngala MBN Referral Form

Baldivis, Coolbellup, Gosnells, Yokine

Preferred Group Location			
<input type="checkbox"/> Baldivis <input type="checkbox"/> Coolbellup <input type="checkbox"/> Gosnells <input type="checkbox"/> Yokine (for other locations refer to Mother Baby Nurture)			
Mother's Details			
<input type="checkbox"/> Consent for referral received from mother			
Name		Date of birth	
Is the mother of Aboriginal or Torres Strait Islander Origin?			
<input type="checkbox"/> No <input type="checkbox"/> Yes, Aboriginal <input type="checkbox"/> Yes, Torres Strait Islander <input type="checkbox"/> Yes, both Aboriginal & Torres Strait Islander			
Residential Address			
Mobile Number			
Email			
Baby's Details			
<input type="checkbox"/> Baby not yet crawling			
Name		Date of Birth	
Is the baby of Aboriginal or Torres Strait Islander Origin?			
<input type="checkbox"/> No <input type="checkbox"/> Yes, Aboriginal <input type="checkbox"/> Yes, Torres Strait Islander <input type="checkbox"/> Yes, both Aboriginal & Torres Strait Islander			
Other Details			
Relevant maternal mental health history (please include involvement of other health professionals, if known.)			
Reason for referral (why do you feel this dyad will be suitable for the group?)			
Referrer Details			
Name			
Organisation		Contact	
Email			

Please note - this form does not guarantee a place in the program

Numbers are limited for each group and places are allocated/prioritised according to need. Please let the mother know that the lead facilitator in her area will conduct a phone interview with her 1-2 weeks before the group start date to assess suitability.

Please email your referral and any enquiries to mbn@ngala.com.au