

The Mothers and Babies Program

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This 75-minute online module provides an overview and refresher for facilitators of the Mothers and Babies Course. Mothers and Babies provides pregnant people and new parents with a toolkit of cognitive, behavioral, social and mindful approaches to effectively respond to stress in their lives while pregnant and parenting young children.

The Mothers and Babies Course is shown to be effective in preventing postpartum depression and reducing depression and anxiety. It may also improve health and behavioral outcomes for parents, babies and young children, as well as other family members.

This online training covers highlights of the Mothers and Babies curriculum and is suitable as a refresher course for different individuals. Mothers and Babies can be delivered by Mothers and Babies-trained mental health, healthcare and human services providers, whether licensed professionals or paraprofessionals.

Following this online course, mental health clinicians and those who have previously been trained in the Mothers and Babies curriculum will be prepared to implement Mothers and Babies. Those who are not mental health clinicians or who have not received previous Mothers and Babies training will need additional training to prepare to implement Mothers and Babies. See the Resource Guide for information about accessing additional Mothers and Babies training.

ONGOING:

- View the Professional Development Program and each training module as an investment in skills and knowledge.

BEFORE THE TRAINING:

- Learner reviews course objectives
- Learner rates knowledge of learning objectives

DURING THE TRAINING, THE LEARNER:

- Completes activities
- Reflects on own response
- Identifies questions and concerns
- Prints reflective responses
- Completes post-training evaluation

AFTER THE TRAINING, THE LEARNER:

- Rates knowledge of learning objectives
- Completes post-training activities, as required
- Develops an action plan for applying skills and knowledge in daily practice

Before the Training

Learning Objectives

Rate Your Knowledge Before and After the Training
(Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

BEFORE **AFTER**

Learn about the foundational concepts of the Mothers and Babies postpartum depression intervention.

Gain an understanding of the connection between thoughts, behaviors, social support and mood, through an overview of the Mothers and Babies Intervention content.

Learn about Mothers and Babies Intervention modalities, intervention recommendations and methods for identifying clients to receive Mothers and Babies.

My personal learning goals for this training are:

1

2

3

After the Training

Reflections on what I learned:

Questions and concerns I identified:

