

MOTHERS & BABIES

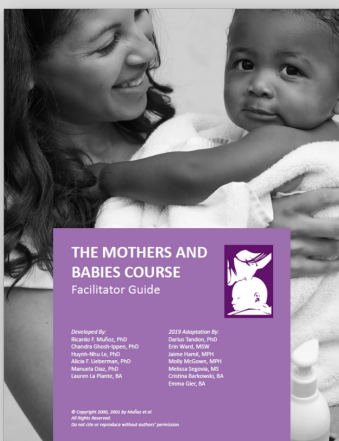
9 SESSION CURRICULUM

At-A-Glance

About M&B

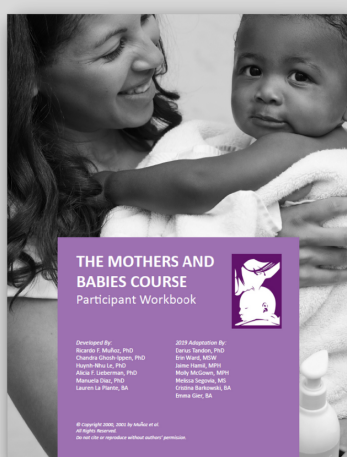
- First Steps Secondary Curriculum
- Stress Management Intervention
- Evidence-Based and Founded
- For use with ALL perinatal families

Curriculum



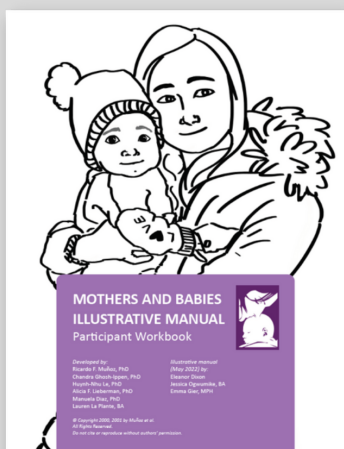
Facilitator Guide

Purpose/Use: this is the staff guide to prepare to offer M&Bs as it was designed. Each section includes key points, sample scripts, and instructions on leading the session.



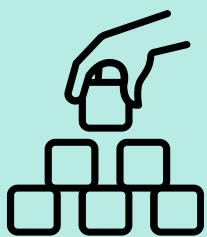
Participant Workbook

Purpose/Use: this book includes each session's participant worksheets. The worksheets include activities, mindfulness practices, Violet & Mary's Day visuals, and the Quick Mood Scale.



Illustrative Manual

Purpose/Use: this guide is a fully illustrated version of the Participant Workbook. Staff can use this with mothers who speak different languages or have lower literacy levels.



Fidelity

- The curriculum has been designed in a **building block** fashion to be delivered in order starting with session 1 and ending with session 9.
- The content learned early in the series sets the **foundation** for the content and skills later in the series.

Use the Roadmap on the other side to insure fidelity



Talk the Talk



Continue to weave the language and practices of M&B into future visits after completing the initial 9 sessions

Mindfulness

Pleasant Activities

Mood Scale

Unhelpful & Helpful Thoughts

Assertive Communication

MOTHERS & BABIES

9 SESSION CURRICULUM

A Roadmap to Fidelity



*Quick
Mood Scale*



*Mindfulness
Practice*



*Personal
Project*

1

Introduction

- Introduction to the Mothers & Babies Course
- Introduction to Mindfulness
- How M&B Can Help You



2

Pleasant Activities

- Pleasant Activities and Your Mood
- What We Do Affects How We Feel



3

Pleasant Activities

- Pleasant Activities and Your Baby
- Engaging in Pleasant Activities



4

Thoughts

- Thoughts and How They Affect Our Mood



5

Thoughts

- Identifying Helpful and Unhelpful Thoughts
- Ways to Change Our Thoughts



6

Thoughts

- Relationship Between Mood, Thoughts & Future
- Promoting Child's Healthy Thinking



7

Contact With Others

- Relationship Between Mood and Interactions with Others



8

Contact With Others

- The People in My Life and the Ways They Support Me and My Baby



9

Contact With Others

- Communication Style and Your Mood
- M&B Course Review

