



## Newborn Behavioural Observations (NBO) Training Online Programme – Day 1

### Pre-training Requirements:

1. Please make sure that you have watched the following two recorded webinars prior to your online training session:
  - Introduction to the Newborn Behavioural Observations – Dr Kevin Nugent
  - Vulnerable Families – Dr Joanna Hawthorne
2. Read Chapter 3 of the Understanding Newborn Behavior and Early Relationships: The Newborn Behavioral Observations (NBO) System Handbook

Time	Session	Teaching mode
9.00	Welcome and introductions Zoom induction Review of Goals and Objectives	Powerpoint, discussion and video
10.00	<i>Short break</i>	
10.10	Baby behavioural states NBO Step-By-Step	Powerpoint, video, demonstration, practice with dolls
11.00	<i>Tea and coffee break</i>	
11.30	NBO Step-by-Step continued	Powerpoint, video, demonstration, practice with dolls
12.30	<i>Lunch break</i>	
13.30	The Behavioural Profile and AMOR	Powerpoint, discussion, video, breakout rooms
14.30	<i>Short break</i>	
14.40	Observing an NBO in practice	Video, group discussion
15.30	<i>End of Day 1</i>	

**Homework:** Please watch the recording from webinar (*Inge Nickell, senior trainer*), practice with doll at home.