

## Allambee Mother-Baby Nurture® Group Description and Referral Process

Allambee will be delivering the Mother-Baby Nurture® (MBN) groups at Mandurah

### 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.

**Locations: 119 Pinjarra Road, Mandurah (Choyces building)**

**Cost:** No cost to participants.

**How to refer:** We welcome referrals from all perinatal and infant mental health practitioners, child health nurses, midwives and G.P's.

**Please complete the form overleaf and email your referral and any enquiries to [referrals@allambee.org.au](mailto:referrals@allambee.org.au)**

**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.

## Allambee MBN Referral Form

Mother's Details				
<input type="checkbox"/> Consent for referral received from mother				
First Name		Surname		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				
Safe to contact via	Phone	Email	Leave a voice message	Send an SMS

Baby's Details				
<input type="checkbox"/> Baby not yet crawling				
Baby's Gender <input type="checkbox"/> Boy <input type="checkbox"/> Girl <input type="checkbox"/> Other				
First Name		Surname		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		