



## Mother-Baby Nurture Group: Description and Referral Process

BUSSELTON/DUNSBOROUGH & BUNBURY

- 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 is government grant funded and provided by PlaygroupWA, Radiance South West, ISHAR Mirrabooka and WA Country Health.

Locations: Albany, Baldivis, Bunbury, Busselton/Dunsborough, Ellenbrook, Fremantle, Gosnells, Kwinana, Medina, Midland, Mirrabooka (Ishar Multicultural), Wellard, 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.

## RNSW MOTHER-BABY NURTURE REFERRAL FORM

Consent received for referral from mother	<input type="checkbox"/>
Baby not yet crawling	<input type="checkbox"/>
<b>MOTHER AND BABY DETAILS</b>	
Mother's name:	Mother's date of birth:
Baby's name:	Baby's date of birth:
Mother's preferred contact details:	
Mobile Number:	
Email Address:	
Residential Address:	
<input type="checkbox"/> Aboriginal <input type="checkbox"/> Torres Strait Islander <input type="checkbox"/> Other	
<input type="checkbox"/> Interpreter Required                 Language:	
<b>DETAILS</b>	
<b>Relevant maternal mental health history</b> – please include involvement of other health professionals, if known.	
<b>Reason for referral</b> – why do you feel this dyad will be suitable for the group?	
<b>REFERRER</b>	
Referrer name:	
Preferred contact details:	
<b>NOTES</b>	
<p><b>**Please note - this form does not guarantee a place in the program**</b></p> <p>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.</p>	
Please email your referral and enquiries to:	
<b>Busselton/Dunsborough</b>	South West Counselling 08 9754 2052 <a href="mailto:admin@swcounselling.org.au">admin@swcounselling.org.au</a>
<b>Bunbury</b>	South West Women's Health and Information Centre 08 9791 3350 <a href="mailto:nurse@swwhic.com.au">nurse@swwhic.com.au</a>