

Ways of Nurturing Development through

Enhanced Relationships for BABIES

**First Steps for BABIES Learning Objectives:**

**Participants will be able to:**

1. Integrate aspects of regulation, reflection, and relationships into their practice.
2. Understand how infant mental health tenets are supportive to families of premature and fragile infants.
3. Recognize the importance of providing support as social and emotional

development emerges to establish the foundation for later development.

4.    Describe foundational developmental skills of newborns and young infant.

5.    Understand the racial and ethnic discrepancy affecting the preterm birth rate.

6.    Identify the multiple factors that can impact the infants’ development.

7.    Understand the impact of early birth and hospitalization on the family.

8.     Describe the BABIES and PreSTEPS model for supporting newborns and young

infants.

9.     Use the Caregiver Guide in practice to support early baby/caregiver

relationships.

10.  Discuss appropriate areas of assessment for newborns and young infants.

11.  Identify six domains of development specific to young infants to assess using the

Babies Adaptive Behavior Inventory.

12. Join a yearlong learning collaborative for the BABIES and PreSTEPS for more in-

depth training.

**Relevance:**

The BABIES Model for Family-Centered Developmental Care is relevant to the interprofessional work force as it

* highlights the importance of the relationship between caregivers and their infants;
* focuses on social-emotional domains and mental health as the foundations for individual and family development;
* emphasizes how systems influence the well-being of families;
* addresses how stress and trauma may impact infants, caregivers, and providers when there has been an early experience of medical fragility; and
* details the impact of mental health on family members when they have a baby who is hospitalized in their early newborn days.

**References:**

1. Ash J, Williams M. Policies and Systems Support for Infant Mental Health in the care of Fragile Infants and Their Families. *Newborn and Infant Nursing Reviews*. 2016;16:(316-321.
2. Browne JV, Martinez D, Talmi A. Infant Mental Health (IMH) in the Intensive Care Unit: Considerations for the Infant, the Family and the Staff. *Newborn and Infant Nursing Reviews*. 2016;16:274-280.
3. Browne, JV and Talmi, A. Developmental Supports for Newborns and Young Infants with Health and Developmental Special Needs: The BABIES Model. *Newborn and Infant Nursing Reviews.* 2012; 12 (4); 239-247.
4. Murch T, Smith V. Supporting Families as They Transition Home. *Newborn and Infant Nursing Reviews.* 2016;16:298-303.