

Putting the baby's voice at the centre of care and relationships



Brazelton Centre UK

understanding baby behaviour





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- A national charity dedicated to supporting healthy parent-baby relationships through promoting an understanding of newborn babies' behaviour and communication.
- Our primary activity is training practitioners in two tools for understanding baby behaviour - the Neonatal Behavioural Assessment Scale and the Newborn Behavioural Observations.
- Part of a network of NBAS and NBO training centres across the world!



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Revolutionizing the way we understand babies

Babies: No pain, no communication, just reflexive organisms?

Through the work of Dr Brazelton and colleagues the way we understand newborn babies has changed forever.

A baby's behaviour is his language. Nothing a baby does is random - everything has meaning.

“A baby's behaviour is his language...and you can trust that language.”

DR. T. BERRY BRAZELTON



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Babies are amazing!

from birth use all 5 senses

Competent

have a system of behaviours

Organised

actively engage in transforming their own environment from the beginning

Social

have their own unique set of dispositions and sensibilities

Individual

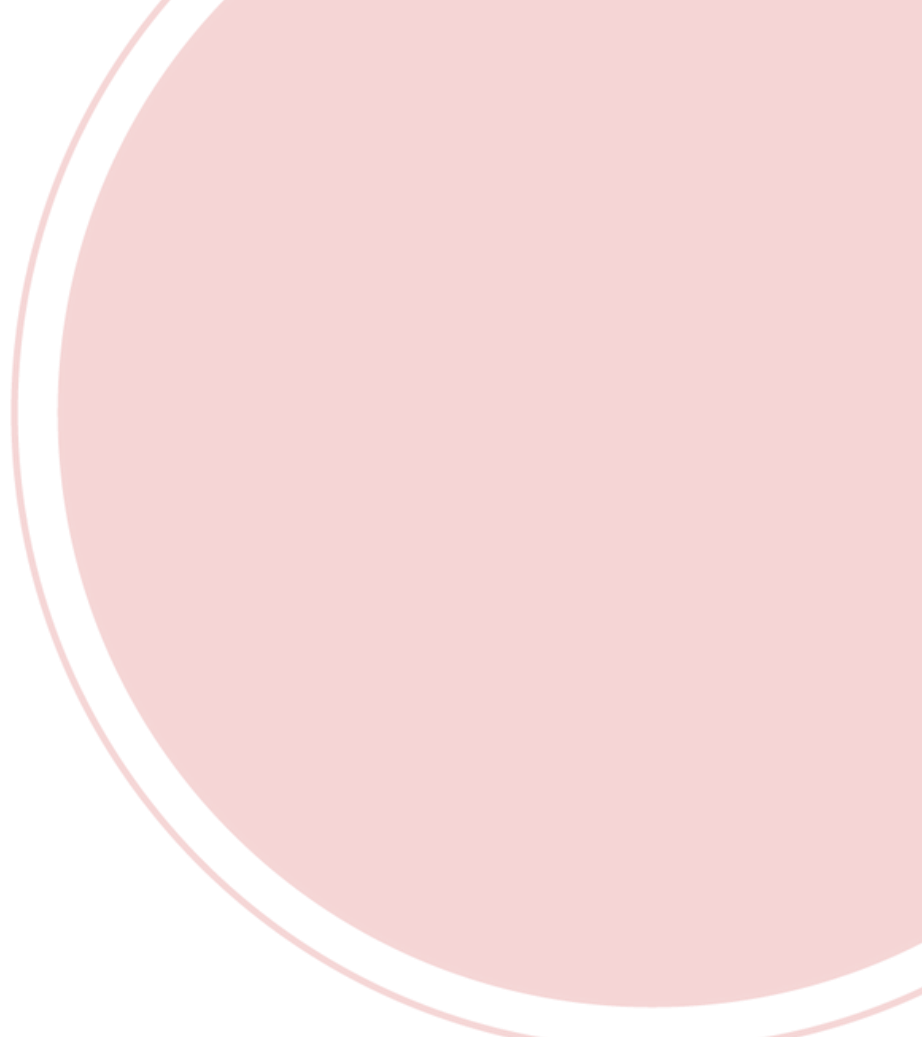
.... if we understand this about babies, how does this change the way we interact with them?



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How do we build the baby's voice into our care, advice and support as practitioners?



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We need to learn babies' language!

The Newborn Behavioural Observations (NBO) and Neonatal Behavioural Assessment Scale (NBAS) are tools to help us understand baby behaviour.

Shows us that individual baby, what the baby likes, dislikes and areas of support needed.

- **Different behavioural states**
- **Sleep**
- **Response to faces and voices**
- **Response to sound and light when sleeping**
- **Crying and soothing**
- **Activity and reflexes**



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The Newborn Behavioural Observations

- A relationship building tool for parents and practitioners to share the baby's abilities and individuality together.
- Strength-based
- Led by the baby
- “Every baby is different and has many ways to tell us what they would like us to do. The NBO provides the baby with a ‘voice’” (Dr. T. Berry Brazelton)



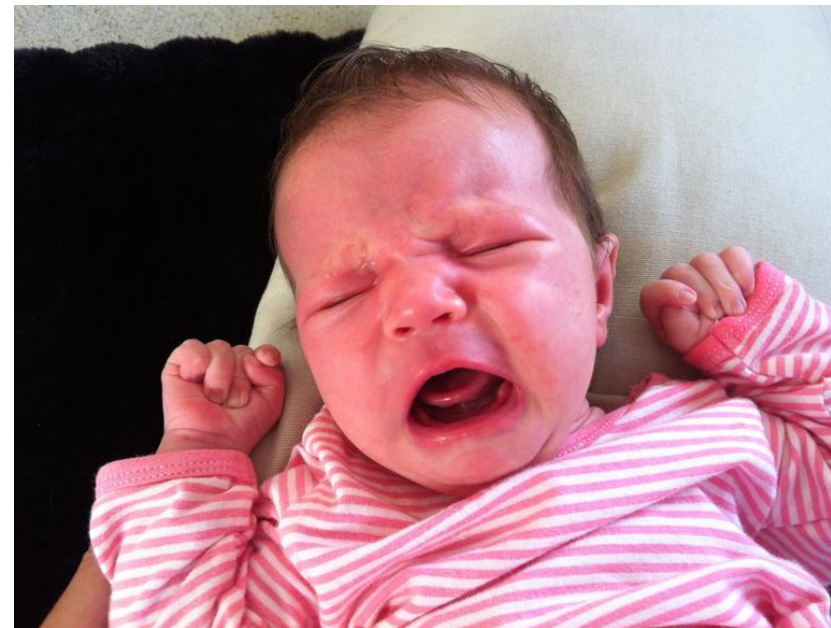
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Baby States

Newborn babies have 3 sleep states and 3 awake states



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Showing (and sharing), not telling.

Guide our conversations around the baby, not a tick list



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What benefits do we see in using the NBO to guide our time with families?



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Bradford and Beyond

The NBO and NBAS are international tools used across the globe because all babies begin with one international language - their behaviour.

In sharing a baby's behaviour with parents, you are becoming part of a network of practitioners across the world impacting early relationships from the very start!



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Bradford and Beyond

Training and services available to practitioners for the benefit of families locally:

- Voice of the Child training
- Ready to Relate cards
- Little Minds Matter service

Visit the stalls!



Little Minds Matter
Bradford Infant Mental Health Service



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Take home messages...

- **Share and encourage parents that their baby has many amazing abilities and he/she uses their body language to communicate from birth.**
- **Sensitive, responsive care is vital for early brain development, which builds foundations for lifelong, health and relationships**
- **Take time to interact with your baby when they are in a calm, alert state. Your face is your baby's favourite toy!**
- **To develop your knowledge and skills in baby behaviour, sign up to Brazelton Centre training... bursaries currently open!**



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Training

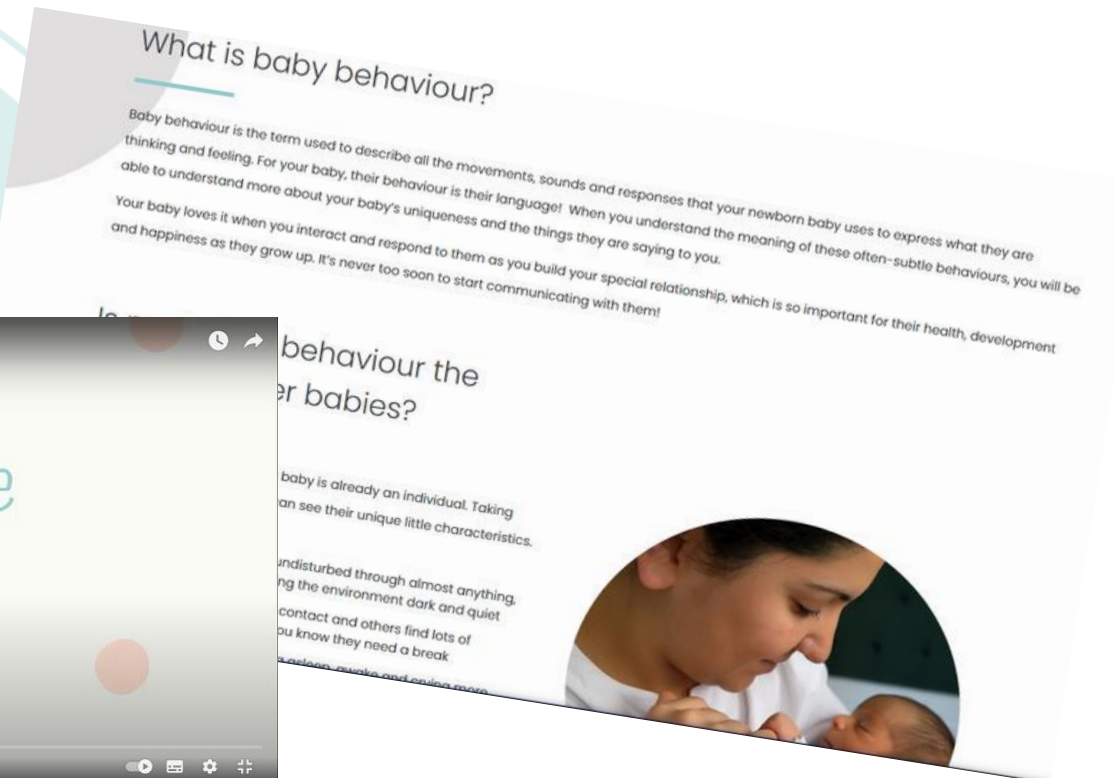


Resources



brazelton.co.uk

Information for parents



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