

Nugent, J .K. (2015). [The Newborn Behavioral Observations \(NBO\) System as a Form of Intervention and Support for New Parents](#). *Zero to Three Journal*, 36, 1, 2-10.

Abstract

The period covering the first 3 months of life consists of a series of pivotal, life-changing transitions for the infant, for the parents, and for the emerging parent–child relationship. The Newborn Behavioral Observations (NBO) system is a relationship-based tool that allows clinicians to offer individualized information to parents about their baby’s communication strategies and overall development, in order to strengthen the relationship between infants and parents. The content and uses of the NBO, the theoretical framework on which it is based, and the growing evidence for its effectiveness as form of support for parents and families will be discussed.
