

Small Moments, Big Impact: Suggested Use in Different Settings

Clinic (any wellness visit with a child less than 6 months old)

Clinic staff: introduce the app while rooming patient

- Explain that it's an app with new videos and information every week for baby's first 6 months
 - Suggested language:
 - “Made by providers and mothers to help you learn about your baby and yourself.”
 - “It's completely free and has been helpful to many parents.”
 - “It only takes a few minutes to scroll through each week, each video is only one or two minutes long.”
 - “The topics are about real issues that many families deal with.”
- Ask mom to download the app (via QR code, iOS App Store, or website)
- Ask her to scroll through the age-appropriate week while waiting for provider

Provider: while typing or when you are occupied with another task, have mother look a video (or if you have time watch with her).

- After watching, ask and discuss reflection question underneath videos
 - Emphasize to mother the value of discussing information or video with baby's father, special relatives, friends, other mothers, etc.
- Trouble-shooting tips:
 - If mother doesn't have much to say:
 - You can emphasize the emotions expressed by the mother in the video.
 - You can ask if the mother has had a similar situation/circumstance.
 - You can mention something developmentally relevant about the baby.
 - If you're short on time:
 - You can suggest that mom makes her own brief video at home about the baby or about her own feelings and thoughts, just like the videos she just watched. (and share with you at the next visit or email to you)

- You can suggest that the mom makes a video of her or someone special with the baby as part of her own personal journal.
 - If time allows:
 - Suggest using the mood meter which you can discuss at a follow-up visit.
 - Consider taking a video of mother and baby.
 - If the content for the age-appropriate week doesn't seem relevant:
 - Feel free to choose your own section based on what you think would be relevant to the mother at that visit. Topics include depression, fatigue, bilingual, biracial, homelessness, childhood adversity, recovery, premature baby, returning to work, etc.
- Subsequent visits
 - Follow up on previous discussion
 - Discuss new video based on baby's age or your own preference and family-related topics

In Nursery

- Any staff can download the app with mother
- Watch videos from Week One with her and discuss reflection questions and mood meter
 - Suggested language for Week One videos:
 - First video
 - Emphasize the mother's disappointment about baby not making contact with her
 - Ask how it feels when baby does make contact
 - Ask if she has favorite songs to sing to baby
 - Second video
 - Ask what the father is feeling
 - Ask about her baby's father first feelings
- If you don't have time to talk about it, encourage mother to discuss these things with her special someone/a trusted friend or her child's primary care provider at the first visit

Home Visitors (some tips)

- Home visitors have the benefit of more time with mother and at a minimum can implement as above.
- They can identify appropriate sections to review with mother since the sections were designed to provide important developmentally appropriate information that is consistent with the goals of home visitors.
- If it's a virtual visit, use of SMBI can be especially helpful since each person can look at the app on their own screens and still have a meaningful discussion.

New Parent Groups or Group Pediatric Visits

- View relevant sections/videos to stimulate discussions about coping, moods, joys, special circumstances.
- Have families make their own videos as “homework” between sessions.