

Neonatal Behavioural Assessment Scale (NBAS) Brazelton

Neonatal
Patient Information Leaflet



Brazelton Neonatal Behavioural Assessment Scale (NBAS)
(Developed by Dr. T. Berry Brazelton, Boston, USA)

Blackpool Health Visiting Service are able to offer this innovative research based neonatal behavioural assessment. NBAS is the most comprehensive neurobehavioural assessment available for newborn babies, it has been developed from decades of research, providing rich insight into each individual baby.

Would you like to learn about your baby's language?

Newborn babies have an amazing way of communicating what they are thinking and feeling, what they like and dislike and the things they need from you, the NBAS session will help you to learn this.

What age does your baby need to be?

It's for babies from birth to 2 months old.

Where will the assessment take place?

The assessment takes 20-30 minutes to do in a quiet, warm room with the mother/father/family when the baby is half-way between feeds, usually at your home or a clinic if preferred.

What does it involve?

It is an interactive assessment focusing on the baby's strengths. We can look at how your baby responds to light and sound when asleep, and follows faces and objects. We can also look at your baby's physical activity/reflexes and how your baby is able to regulate his/her states (from sleeping through to crying).

Why do we do it?

To share what your baby likes, dislikes and how we can understand his/her signals. To understand your baby's style and temperament, in order to develop ways to handle and look after your baby.

Who does it?

The NBAS will only be completed by a trained NBAS practitioner who has had extensive experience with newborns and has been trained. Parents can often join in the assessment with their own baby. Parents generally find this very interesting, fun and informative!

When will it be done?

If you are interested, your health visitor can refer you to a trained NBAS health visitor practitioner. The practitioner will describe the assessment and discuss it with you. It is entirely your own decision and will be treated confidentially.

The NBAS is a behavioural assessment, and does not replace any other assessments or tests your baby may need, such as hearing, jaundice, or other medical tests.

Other sources of information:



Health Visitor:

Telephone Number:



Hospital switchboard

Telephone: **01253 300000**

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives.



You can contact them via tel: **01253 955589**
or by email: bfwh.patientrelations@nhs.net



You can also write to us at: Patient Relations Department, Blackpool Teaching Hospitals NHS Foundation Trust, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR



Further information is available on our website: www.bfwh.nhs.uk

If you'd like a large print, audio, Braille or a translated version of this booklet then please call: **01253 955520**



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