







# Minding the Baby

Minding the Baby supports reflective parenting, secure attachment, maternal and child health, mental health, and self-efficacy using an interdisciplinary approach with first-time young mothers and their families. The model pairs a social worker and nurse practitioner to support a family’s development together. See [www.mtb.yale.edu](http://www.mtb.yale.edu) for details.

<p><b>What is the model’s approach to providing home visiting services?</b></p>	<p>Home visits take place weekly until the child turns 1 year old, then every other week until the child turns 2 years old. The frequency may vary based on a family’s level of need or in times of crisis. Services are provided for 27 months (prenatally until the child is 2 years old). Minding the Baby requires families to initiate services prenatally.</p> <p>Minding the Baby’s target population includes the following:</p> <ul style="list-style-type: none"> <li> Expectant mothers</li> <li> Low-income families</li> <li> First-time mothers or first-time parents</li> <li> Teenage mothers or teenage parents</li> <li> Families with history of child abuse or neglect/involvement with child welfare system</li> </ul>
<p><b>Who is implementing the model?</b></p>	<p><b>Home Visitors</b></p> <p>Minding the Baby was implemented by 11 home visitors in 2017. The model recommends a master’s degree for home visitors. The maximum caseload requirement for home visitors is 25 families.</p> <p><b>Supervisors</b></p> <p>Minding the Baby was implemented by 11 supervisors in 2017. The model requires a master’s degree for supervisors; a doctoral degree is recommended.</p>
<p><b>Where is the model implemented?</b></p>	<div style="display: flex; align-items: center;">  <p>Minding the Baby operated in four local agencies across two states in 2017. Minding the Baby also operated outside the U.S. and its territories in Denmark, England, and Scotland in 2017.</p> </div>

The NHVRC is led by James Bell Associates in partnership with the Urban Institute. Support is provided by the Heising-Simons Foundation and the Robert Wood Johnson Foundation. The views expressed here do not necessarily reflect the views of the foundations. For details about the methodology, see the *2018 Home Visiting Yearbook*.

# Minding the Baby

## Families Served Through Evidence-Based Home Visiting in 2017

**873**

home visits provided

**60**

families served

**60**

children served

---

### Mission

The mission of the Minding the Baby National Office is to strengthen families through an interdisciplinary program aimed at limiting the effects of chronic stress and enhancing both physical and mental health. The office also seeks to train professionals to implement relationship-based reflective parenting programs worldwide.

### History

Minding the Baby began in 2002 as a collaboration between the Yale Child Study Center, Yale School of Nursing, Fair Haven Community Health Center, and Cornell Scott-Hill Health Center. Today, national office staff continue to provide direct services in New Haven, CT, and to help agencies address community needs through a unified home visiting approach that emphasizes nursing and mental health. Minding the Baby was initially created for first-time mothers in New Haven, CT, but has since expanded to four sites in two states and internationally.

