NEW Moms Connect Study
Nurturing Emotional Well-Being
Executive Summary

Background
Parents are children’s first and most important influences in life, and sensitive, responsive, consistent parenting supports children’s cognitive, social and emotional development. However, the stress and adversity associated with economic strain can make it challenging for parents to maintain sensitive, responsive relationships with their infants and can interfere with their own emotional well-being. We aim to engender emotional well-being and effective parenting in soon-to-be and new mothers.

NEW Moms Connect Programs
The Center for Child and Family Well-being (CCFW) is developing three programs aimed at supporting pregnant women and new moms by providing stress-management tools to engender emotional well-being and to promote connected, positive parent-infant relationships, which in turn may support positive infant cognitive, social and emotional development. The programs bring together the best of evidence based practices for stress-management and parenting. The three programs are:

- A prenatal childbirth class that incorporates mindfulness-based stress management and self-care practices that support healthy and positive childbirth experiences
- A class for new moms that provides mindfulness-based stress management and self-care practices that ease the transition to being a new parent and support positive connections with their babies
- A class for new moms that provides parenting and mindfulness practices to support for sensitive, responsive, consistent parenting and positive parent-infant relationships

We are Looking for Study Participants and Community Partners
CCFW is looking for your referrals of potential participants for this research study. We are evaluating the acceptability, feasibility and effectiveness of these three programs, and we will be seeking partner sites to host the programs. We will offer the programs at no cost to the partner sites or to the participants, and our research team will conduct the evaluation. Participants will be compensated for participating in study assessments, and we will share our findings and next steps with our community partners.

Details
- This study is being conducted by researchers at the University of Washington.
- This is a study for low-income, first time mothers who are less than 33 weeks pregnant.
- To be eligible, women must speak English and must not be currently using alcohol, drugs or drug replacement therapy.
- Mothers will be assigned to one of three programs based on the timing of their due date and the availability of the program that coincides with that date
- Each program is a “stand-alone” program that will promote health and well-being. The study will compare the interventions to examine any differences in effectiveness based on timing or component parts.
- All groups are free and will meet 1x/week for eight weeks at varied community locations.
- Participants will be compensated to participate in four assessments at the UW designed to measure intervention acceptability as well as the effect on mother and infant well-being.

We appreciate your help in letting pregnant women know about the program and referring them to us. We will conduct all recruitment and screening. Please distribute the study flier to potential participants.
For additional information, please contact: newmoms@uw.edu