**Mother-Baby Nurture: An Attachment Focussed Group Intervention for Reducing Parenting Stress and Improving Maternal Mentalising**

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This research project evaluates an innovative brief group intervention targeting vulnerable infants and their mothers within the first six-months postpartum. The Mother-Baby Nurture (MBN) program aims to strengthen the developing infant-mother attachment relationship by alleviating parenting stress and increasing maternal mentalizing or reflective functioning (RF). The program has been informed by attachment relationship-focussed interventions and the growing body of knowledge on the determinants of intergenerational transmission of insecure attachment patterns. Thirty-three mothers caring for infants under 10-months of age participated in ten 2-hour sessions of MBN. Parenting stress and RF were measured before and immediately after the intervention with the Parenting Stress Index – Short Form (PSI-SF), Parental Reflective Functioning Questionnaire (PRFQ) and RF coded on the Five-Minute Speech Sample (FMSS-RF).  Results indicated that the women who participated in MBN had a post-intervention improvement in RF with increased mean PRFQ scores of Interest and Curiosity in Mental States (*p* = .007) and a decrease in Pre-Mentalizing (*p* = .024) – both with medium effect size (*d* = 0.56, 0.61). The FMSS-RF median score increased from 3 to 4 (not a statistically significant improvement, *p* = .105). Parental stress significantly decreased across all three PSI-SF subscales, with the total stress score reduced with a large effect size (*d*= 0.94, *p* = < .001). The findings of this pre/post intervention evaluation study suggest that MBN appears to be effective in alleviating parenting stress and fostering the mother’s capacity for RF - both risk factors associated with child maltreatment and poor child outcomes. The results particularly denote the potential of community-based mentalizing groups to intervene early in human development and with the relationships that shape it.