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## The Neonatal behavioral Observation (NBO) System in neonates born in maternity clinic of Trikala, Greece

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**Statement of the problem:** The neonatal behavioral observation (NBO) system was created in order to apply in neonates and infants until two months old. It consists of 18 characteristics which includes the following areas: habituation to light and sound, motor tone, activity level, self regulation, response to stress, visual, auditory, social-interactive capacities. Aim: The implementation of NBO in neonates combined with the clinical examination highlights the personal characteristics of the neonate. When these characteristics are discussed with the parents, the connection between parent-infant is being promoted.

**Methodology & Theoretical Orientation:** 50 neonates were chosen and the NBO was applied between 2<sup>nd</sup>-5<sup>th</sup> day of life. Parents were engaged in the NBO analysis and they asked questions back and forth with the examiner. 25 days later we communicated with the parents and we discussed issues of their baby in the first month of life.

**Findings:** Neonates are very communicative. We can support parents to understand better their baby's language and his unique characteristics. The NBO is an exceptional instrument that can be used in the understanding and support in mother-child bond.

**Conclusion and Significance:** Most of the mothers seemed very pleased with the information that took after the implementation of the NBO to their baby. Safety and confidence were the most valuable feelings that were reinforced. There was no incidence of depression among mothers. Most of them declared that whatever came up, like feeding problems, sleeping problems, anxiety and crying problems seemed less difficult to face, since they were prepared for them.

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