Purpose: Premature births are often stressful experiences for expectant parents and can have adverse effects on both the mother and infant. Several studies have demonstrated that the mother-infant relationship can be impacted by maternal anxiety and maternal stress, including increased maternal controlling behaviour. In effort to improve these outcomes, in-person peer support programs have been administered in the Neonatal Intensive Care Unit (NICU) and online through various social media platforms. Previous research has yet to examine how peer support programs help to reduce maternal anxiety, maternal stress, and improve infant wellbeing. Problem: This research seeks to understand how online and in-person peer support programs can reduce maternal anxiety, maternal stress and foster infant wellbeing. Methodology: A scoping review will be conducted using the Joanna Briggs Scoping Review Methodology. A comprehensive literature search will be conducted in MEDLINE. A title and abstract scan and a full-text review will be used to determine the eligibility of articles. Studies will be assessed for eligibility using pre-determined criteria. All articles will be reviewed independently by both review authors. Both review authors will extract data from all eligible articles using a standardized form. Results: This poster will present findings from a preliminary scoping review. This review will synthesize the features of peer support programs that help to reduce maternal stress, maternal anxiety and foster infant wellbeing. Implications: This research can help implement effective peer support programs that improve maternal and infant wellbeing.

Themes:

Check (highlight) the most applicable theme according to the abstract.

<table>
<thead>
<tr>
<th>Innovation and Technology</th>
<th>Health and Wellness</th>
<th>Culture and Society</th>
<th>Sustainability and Conservation</th>
</tr>
</thead>
</table>

Comments:

You may remove the headings as they are not necessary for the abstract.