



**Media Contacts**  
Melissa Ransdell  
[mransdell@becomingparents.com](mailto:mransdell@becomingparents.com) /cell: 206.518.1404

Aly Frei, Director  
Becoming Parents Program, Inc.  
[afrei@becomingparents.com](mailto:afrei@becomingparents.com)

FOR IMMEDIATE RELEASE

## **Becoming Parents Program™ curriculum is core component of program demonstrating positive results in groundbreaking federal study**

*Study shows parenting relationships and father involvement can be strengthened*

SEATTLE, October 14, 2010—Becoming Parents Program, Inc. a Seattle-based private organization, today announced that its parenting curriculum is a core component of Oklahoma’s Family Expectations program, which recently showed significant positive impact with low-income, unwed parents in the [Building Strong Families Project](#) national study. The project is one of the largest studies of its kind.

The Becoming Parents Program curriculum is the primary content of the Family Expectations program and was delivered to parents in the study through weekly workshops spanning two months by facilitators trained by the curriculum developers. The 30-hour curriculum focused on information, skill development and support for strong relationships and confident parenting.

Parents participating in Family Expectations were more likely to stay together, reported higher quality relationships, and had fathers who were more likely to be involved with their children than the control group, according to the statistically significant findings in the report "[15-Month Impacts of Oklahoma’s Family Expectations Program](#)," released in August 2010 by Mathematica Policy Research, under contract to the Oklahoma Department of Human Services. The impacts were particularly strong and positive for couples who had lower relationship quality to begin with and for African American couples.

“These outcomes are from a large study using the most rigorous evaluation procedures by an independent research firm hired by The Administration for Children and Families, and the results provide important validation that family relationships can be strengthened with appropriate, evidence-based interventions,” said Scott Stanley, PhD, Research Director and Co-Director of the Center for Marital and Family Studies at the University of Denver and world-renown relationship expert. “The Becoming Parents Program provided the research-based foundation for Oklahoma’s success with expectant and new parents. I have a lot of confidence that the results can be duplicated in other places in the country because of the very specific, replicable procedures that Oklahoma developed and followed.”

In addition to the Becoming Parents Program curriculum, the Family Expectations program participants benefited from one-on-one meetings with family support coordinators and access to ancillary activities and supportive services.

“The positive outcomes Family Expectations has achieved in Oklahoma validate years of research by many leaders in the field,” said Pamela Jordan, PhD, RN, founder and developer of the Becoming Parents Program. “These results provide direction and promise for everyone committed to strengthening families.”

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**About Becoming Parents Program™, Inc.**

Seattle-based Becoming Parents Program, Inc. ([www.becomingparents.com](http://www.becomingparents.com)) (BPP) is a private organization committed to translating promising research into practical tools to strengthen the health and stability of families. Founded in 2005 by University of Washington professor and nurse researcher Pamela Jordan, PhD, RN, the organization’s programs equip expectant and new parents with the information, skills and support for strong relationships and confident parenting, thereby fostering their children’s ability to thrive. BPP provides consultation and programs to communities and organizations nationwide.