



The Becoming Parents Program (BPP) focuses on reducing the predictable challenges of new parenthood by strengthening the couple's resilience, promoting self-care and community support, and bringing research about infant communication and development directly to parents.

BPP Staff includes professional nurses, certified childbirth educators, lactation consultants, social workers, doulas, child development specialists, labor and delivery nurses, and maternal and infant mental health specialists.

**Becoming Parents Program, Inc. is currently looking to build strategic partnerships for the future. Call to learn more about how BPP can help your organization reach its goals and improve outcomes for your clients:**

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***Committing to Our Children  
by Committing to Each Other***

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# Becoming Parents Program



Becoming a parent is one life's most challenging experiences. With the right knowledge and support it can also be one of the most rewarding. Developed by University of Washington professor and nurse researcher Pamela Jordan, PhD, RN, the Becoming Parents Program mitigates the negative effects most new parents experience by combining evidence-based techniques. **RESULT:** an innovative approach to parenthood preparation.

Dr. Jordan has been studying the transition to parenthood, with particular focus on fatherhood, for the past 30 years. In the early nineties, she developed the Becoming Parents Program by combining her research with that from relationship, infant, and communication scholars.

Since its inception, the Becoming Parents Program has prepared thousands of couples for the transition to parenthood. In addition to being utilized by several organizations and individual practitioners, the Becoming Parents Program has been chosen as a model curriculum for the Oklahoma Marriage Initiative, and the national Building Strong Families and Supporting Healthy Marriage Projects.

## The Importance of a Healthy Couple Relationship

Here at the Becoming Parents Program the couple relationship is the priority. We take this approach because research has shown that children whose parents have a healthy couple relationship have better outcomes physically, cognitively, and socio-emotionally. For this reason, we combine evidence-based skills to strengthen relationships with tools to understand infants. Our goal is to equip couples for strong relationships and confident parenting, fostering children's ability to thrive.



## Becoming Parents Program Elements

In 2006, BPP was selected as one of eight national sites to participate in a \$75 million federal policy evaluation to examine the impact of relationship education on child outcomes. We are entering our final year in this project working with over 700 under-served couples. As a part of this project, our nurses facilitate three branches of service that support enrolled couples over the course of 12 months:

- Couple-focused skill-building workshop
- Private monthly coaching sessions with a nurse (on-site or in-home)
- Events designed to build community and increase knowledge.

### Workshops:

- Demonstrate communication skills and conflict management practices
- Instill strategies for self-care
- Establish a support network
- Provide information to understand their infant

### Private Coaching Sessions:

- Review and build on skills learned in the workshops
- Execute prevention-based strategies for healthy pregnancy
- Address couple and individual goals (i.e., career, education, wellness)
- Locate useful community resources to bolster self-efficacy

### Special Events:

- Decrease social isolation by providing social networking opportunities
- Stress the importance of fun & friendship in the couple relationship with date nights
- Reinforce the connection between couples and children with program-wide family gatherings
- Provide continuing education on relevant topics, such as employment, financial literacy and tax preparation

For further information on our current project you can visit MDRC, Supporting Healthy Marriages at:  
[http://www.mdrc.org/project\\_12\\_64.html](http://www.mdrc.org/project_12_64.html)