

## Build the Nest for Your Family

- Learn skills that are crucial to your success as parents.
  - Access information and guidance not available to most parents.
- Learn the best ways to maintain and nurture your couple relationship even after your baby comes home.
- Feel empowered and confident in knowing what your baby wants and needs right from birth.

Do you wish your baby would come with an 'Owner's Manual?'

Are you concerned about what will happen to your couple relationship after the baby comes?

Do you have a plan for life after labor and birth?

THE BECOMING PARENTS PROGRAM PROVIDES EXPECTANT COUPLES A WEALTH OF RESEARCH-BASED INFORMATION AS THEY PREPARE FOR THEIR NEW BABY.

## When couples have a baby...

### 1 COUPLE IN 2...

experiences **moderate to severe declines** in relationship satisfaction (*Belsky & Kelly, 1994*).

### 1 FATHER & MOTHER IN 3...

experiences **significant depression** as they become parents (*Cowan & Cowan, 1995; Jordan, 2000*).

Developed by UW professor and nurse researcher, Pamela Jordan, Ph.D., R.N., the *Becoming Parents Program* helps mitigate these negative effects by providing expectant parents with specific knowledge and skills for nurturing their couple relationship, taking care of themselves, relating to their baby, and dealing with the many ways becoming parents impacts their lives.

becoming  
parents  
program  
231 Summit Ave E  
Seattle, WA 98102

Place  
Stamp  
Here

## Becoming Parents?

LEARN SKILLS TO PREPARE  
YOUR RELATIONSHIP...



...LEAVE CONFIDENT IN YOUR  
ABILITY TO PARENT.

becoming  
parents  
program

WWW.BECOMINGPARENTS.COM  
206.686.1880

## The Importance of a Healthy Couple Relationship

Research has shown that children do the very best in life when their parents have made their couple relationship a priority.

Getting ready for a new baby is exhausting. There's so much to think about. Preparing an environment that is not only physically safe, but emotionally healthy is very important. In the rush to "ready the nursery" expectant parents often forget to prepare the most important part of the child's nest: their couple relationship. The truth is, new parenthood is a time of great challenge and vulnerability for every couple, but few couples prepare for the inevitable challenges that will arise between them. Facing new emotional, physical and financial demands—with little information on what to do or expect—most couples feel overwhelmed and ill-prepared. Taking the time, now, to ensure a well-connected, intact, and satisfying couple relationship is critical to providing for the emotional health of your child.

The *Becoming Parents Program* provides couples with infant research data, relationship skills, and anticipatory guidance that will serve as immunizations against the challenges of new parenthood while preparing them for the most important job they'll ever have.

### From the Experts:

"The *Becoming Parents Program* zeroes in on the problems that can strain a marriage and offers practical techniques to help couples talk and solve problems. BPP is research-based and will increase the joys and decrease the stresses of new parenthood."

—Penny Simkin, childbirth educator, doula, birth counselor, and coauthor of *Pregnancy, Childbirth and the Newborn: The Complete Guide*

"Relationships, like children, need constant care and nurturing if they are going to thrive and develop. This wonderfully insightful program will go a long way toward making marriages and families stronger and healthier."

—Armin Brott, author of *The Expectant Father and The New Father*

"If you're having a baby, BPP will help give your baby the most important gift of all - parents who know how to keep their relationship happy, satisfying, and stable."

—Diane Sollee, MSW, Director, Coalition for Marriage, Family, and Couples Education

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## What Is BPP?

The *Becoming Parents Program* (BPP) is a research-based parent education program for couples expecting a baby.

### THE PROGRAM INCLUDES CURRICULUM ON:

#### MAINTAINING YOUR COUPLE RELATIONSHIP

The best environment for a child is with parents whose couple relationship is intact and healthy. Learn why caring for each other must continue to be a priority and the skills needed to make it possible.

#### TAKING CARE OF YOURSELF

Learn the importance of taking care of yourself and effective ways to manage life with a new baby.

#### AN "OWNER'S MANUAL" FOR YOUR BABY

Learn the critical skills to feel confident in your parenting abilities and the keys to know what to do when.

The *Becoming Parents Program* provides 21 hours of preparation during pregnancy. The first class is six hours (snacks and lunch-break provided), followed by five 3-hour classes. BPP consists of a series of brief lectures, video clips, couple and group discussions and exercises, and individual and couple homework exercises. For those who are interested, 3-hour group 'Booster Sessions' are offered when the baby is 3-6 weeks old and 6 months old.

REGISTER ONLINE NOW  
FOR SEATTLE CLASSES  
Limited class size.



Gift Certificates available online.

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## BPP Participants Say:

"So much of what we know and do comes from this class. Thank you!"

"This program should be required for all couples becoming parents. We were prepared for the changes in our lives—and we left feeling confident about how to understand our baby! The focus on relationship issues, tools, and research-based techniques was especially useful."

"We learned more in six weeks of BPP classes than in a year of couple's counseling. In fact, if we'd had BPP sooner...maybe we wouldn't have needed the counseling!"

"We have found all the information super-relevant and we use it every day with our baby and ourselves."

"These classes have all been so helpful. I've never once felt unprepared or scared that I couldn't figure something out."

Being a parent is the most challenging job you'll ever have...



...but it's also the most incredible adventure life has to offer.

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