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## Backgrounder

### About the Organization

Becoming Parents Program, Inc. ([www.becomingparents.com](http://www.becomingparents.com)) is a Seattle-based private organization committed to translating promising research into practical tools that strengthen the health and stability of families. Founded by University of Washington professor and nurse researcher Pamela Jordan, PhD, RN, the organization's Becoming Parents Program (BPP) equips 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 consulting and programs to communities and organizations nationwide with the vision of all expectant couples receiving—as a standard of care—the information, skills and support they need to create a strong and healthy families.

### About the Program

The Becoming Parents Program (BPP) is a skill-based prevention curriculum designed to address the stressors couples face in the transition to parenthood. With a focus on reducing predictable challenges of new parenting, the research-based program aims to strengthen resilience, promote self-care and community support, and increase access to current and accurate information. The curriculum is based on 30 years of research on the transition to parenthood, with an emphasis on fatherhood, by Pam Jordan, Ph.D., RN, as well as that of other leading experts on infants, relationships, and new parenthood.

### About the Implementation

BPP has been implemented with thousands of parenting couples worldwide and is currently part of two demonstration projects on couple-focused interventions funded by the Administration for Children and Families.



BPP was first piloted in a University of Washington randomized controlled clinical trial that began in 2002 with 470 married couples expecting their first baby. Funding for the trial was provided by the National Institute of Nursing Research of the National Institutes of Health.



BPP is currently part of two projects funded by the Administration for Children & Families: Building Strong Families and Supporting Healthy Marriage. Both projects are part of a research agenda to study the effectiveness of efforts to sustain healthy marriages.

**Building Strong Families** BPP is utilized by the Family Expectations program of Oklahoma, a demonstration site in the Building Strong Families national project. The project is testing interventions with interested low-income, unwed couples, beginning during pregnancy or around the time of their child's birth.



**Supporting Healthy Marriage** BPP is also part of the Supporting Healthy Marriage project in two implementation sites, Seattle and Oklahoma. The project is evaluating policies and programs aimed at helping couples strengthen and maintain healthy marital relationships.



Becoming Parents Program, Inc. aims to make its programs accessible to parents of all cultures, sexual orientations and socioeconomic levels nationwide and is committed to developing strong collaborative partnerships with community-based businesses, government agencies and nonprofit organizations.