



Find a Bringing Baby Home Workshop in Your Area!

- Attend a BBH Workshop so that you can strengthen your family relationships and encourage positive development in your children!
- BBH Workshops are offered all over the country by our trained Certified Gottman Educators.
- To find a BBH Workshop and Certified Gottman Educator in your area, please check out our website www.bbhonline.org or contact us at (206) 832-0355 for more information.

The Bringing Baby Home Program is sponsored by the Relationship Research Institute, a 501(c)3 non-profit organization.

The Relationship Research Institute (RRI) supports research and programs that will be meaningful to the everyday lives of men, women, children, and families. We are committed to conducting rigorous scientific research that provides a foundation for clinical practices and public policy.

We welcome support from individuals and organizations who are interested in helping us reach these goals.

For further information, please contact Renay Cleary Bradley, Director of Research, at renayc@rrinstitute.com or (206) 973-3455.

Visit the RRI and BBH websites at:
www.rrinstitute.org
www.bbhonline.org



The Relationship Research Institute
2030 First Avenue, Suite 205
Seattle, Washington 98121
www.rrinstitute.org (206) 832-0300



THE BRINGING BABY HOME PROGRAM

Bringing Baby Home
2030 First Avenue, Suite 205
Seattle, Washington 98121
www.bbhonline.org
(206) 832-0355

THE BRINGING BABY HOME PROGRAM

What is Bringing Baby Home (BBH)?

- BBH is a two-day workshop for couples who are expecting a new baby or have young children. Workshops are led by supportive facilitators who have been trained to help expecting couples and new parents.
- BBH helps parents to build the skills needed to have happy, healthy family relationships - even during challenging times.

Workshop Objectives

- Learn what to expect during the transition to parenthood.
- Learn how to strengthen friendship, intimacy, and conflict resolution skills with your partner.
- Learn about child development and how to co-parent with your partner.



About the Bringing Baby Home Workshop!

- Prepare yourself for life with your baby and discover how to be the best parenting team possible!
- In a relaxed and supportive environment, learn how to strengthen your relationship with your partner and foster your baby's development during this new and challenging time in your life.
- Create a caring and nurturing atmosphere in your home and learn how to cope with conflict in positive ways.
- This workshop, developed by renowned relationship experts, Drs. John and Julie Gottman, will prepare you for the most important and rewarding job you will ever have—raising your child.

What is Special about the Bringing Baby Home Program?

- BBH is research-based! BBH is based on decades of scientific research on couples, child development, family relationships, and the transition to parenthood.
- BBH is research-tested! Dr. John Gottman developed and later tested the BBH program with couples expecting a new baby.
- BBH can strengthen families! Families who participated in the BBH Program showed several positive benefits:
 - Couples had better quality relationships and displayed less hostility;
 - Parents experienced better mental health, including less post-partum depression;
 - Fathers were more involved and satisfied with their roles as parents;
 - Infants showed fewer language delays and were more easily soothed.

