

Dear BBH Certified Gottman Educators,

Welcome to the Summer 2010 Edition of our Bringing Baby Home Connections Newsletter! I hope you are all enjoying the summer, which has just officially begun here in Seattle (I'm happy to say that we're *finally* getting some real sunshine!!). Even though it is summertime, we have been as busy as ever here at BBH and have several exciting updates for you.

- **We've created a FaceBook page for BBH and CGEs!** It seems like everyone is starting to get into social networking sites these days. We recognize the need to promote BBH and let folks know about this special program, and also provide a place for CGEs to meet and draw upon each other for support. Thus, BBH is officially a group on FaceBook that anyone can join. Plus, we've also created a group just for CGEs.
- **We're looking for funds to hold BBH workshops with at risk families!** As our loyal CGEs already know, research shows that couples who attend the BBH workshop have better quality relationships and parenting practices! Even though the original BBH research did not evaluate the impact of the workshop on violence that occurs in families between couples and toward children, we believe that BBH has the potential to reduce family violence. We are in the midst of searching for funding opportunities that would allow us to offer BBH workshops for low-income families who are at risk for experiencing family violence. We feel strongly that the concepts and skills that couples learn through BBH may provide couples with alternative strategies to use to manage stress with partners and sooth infants. These strategies may make these stressed out parents less likely to harm their children and each other. We will keep you posted on our ongoing efforts to procure funds so that we can tailor BBH to meet the needs of these special families that are in need of support. Speaking of which...
- **BBH is in the running to receive funds from the Pepsi Refresh Project, and we need your vote!** BBH is currently in the running to receive \$250,000 so that we can hold BBH workshops with financially distressed families with new babies. If we obtain these funds, we will be able to offer the BBH workshop to hundreds of financially distressed couples and also evaluate whether our program is helpful in reducing child abuse and intimate partner violence. We already know that BBH has been shown to help couples strengthen their relationships, foster positive infant development, and reduce postpartum depression. With these funds, we'd be able to see if BBH can also help to reduce violence in families! Funds from this project are provided based on a PUBLIC VOTE! That's why we need your help! Please go to the Pepsi Refresh website below, register, and VOTE for BBH EVERY DAY THIS MONTH! I promise that you will not receive any junk email from registering...but you need to register in order to cast your vote for the BBH program! We only have one month to bring BBH to the top of the vote, so please cast your vote today and every day this month:  
<http://www.refresheverything.com/bringingbabyhome>
- **BBH is making changes based on your feedback!** Thanks so much to all CGEs who participated in our market research survey last month! We received some

highly value feedback and great ideas for how we can strengthen the BBH program and better meet your needs. Based on this feedback, we will be starting to incorporate changes at BBH over the next few months. I will be sending out a letter to all CGEs soon to let you all know about the new directions we will be heading in. In the meantime, I wanted to announce the winners of our raffle. Certified Gottman Educators, Amy Rose Dubin and Aimee Heffernan are the winners of the signed copies of And Baby Makes Three! Amy and Aimee will receive their books in the mail shortly. Thanks again to everyone who took the time to provide us with feedback!

- **BBH was on the road this Spring!** As the director of the Bringing Baby Home Program, I am often given the opportunity to speak to local organizations and community groups about the transition to parenthood and steps that parents and educators can take to ensure a successful transition for parents during this challenging time. This spring has taken me to several local stops in the greater Seattle region...I'd like to extend my appreciation to Laurie Ufer and her team for inviting me to speak on behalf of BBH at the Northwest Doulas Conference, which took place May 7<sup>th</sup> in lovely Renton, Washington. I very much enjoyed meeting some local birth educators and sharing with them my passion for BBH and emotion coaching. Thanks also to Erika Chiange, who invited me to speak to the Eastside Moms of Multiples in Bellevue, Washington this past May. Parents of "multiples" (i.e., twins, triplets, etc.) face special challenges when bringing their new babies home. I hope that this group enjoyed learning about how to foster an emotional connection with their babies and partners during this chaotic time. I certainly had fun hearing stories from many of the parents about the trials and tribulations that they face and tips that they shared for overcoming obstacles. If your group or organization is interested in learning more about the Bringing Baby Home Program and how to strengthen family relationships during the transition to parenthood, contact the BBH Program Coordinator for details on how to arrange a presentation.
- **BBH is going back on the road this Fall!** I'm excited to share with you all that BBH has been invited to participate in the 50<sup>th</sup> Anniversary Mega Conference, hosted by Lamaze International and the International Childbirth Education Association (ICEA) in Milwaukee, WI on October 1<sup>st</sup>, 2010! The focus of this presentation will be on what couples can expect during the transition to parenthood and how birth educators can help couples successfully navigate this stressful period. If you are planning to attend this "future of birth" conference, please plan to stop by and support BBH!

As always, please stay in touch with BBH via our newly revised website, [www.bbhonline.org](http://www.bbhonline.org). Also, if you have ideas for articles that you'd be interested in seeing in our newsletter, or if you have stories of your own that you'd like to share, please let us know! We may feature your topic or story in one of our upcoming newsletters. Thanks very much for your continued support of the Relationship Research Institute's Bringing Baby Home Program. Have a wonderful summer!

Best regards,

Renay Bradley and the BBH Team

