

BBH Educator Training Outline

Day One

The Value and Importance of the Bringing Baby Home Program

- Background and Development of the BBH Program
- Research and Methods
- Preparing to Teach BBH

Moving Through Time Together

- Overview of the Workshop
- Transition to Parenthood
- Building a Sound Relationship House

Build Love Maps

- What are Love Maps?
- Deepening Love Maps
- Understanding Child Development

Share Fondness and Admiration

- The Four Horsemen of the Apocalypse
- Strengthening Friendship and Sharing Fondness and Admiration

Turn Towards: Build an Emotional Bank Account

- The Emotional Bank Account
- Bids and Turning
- What's Baby Saying?
- Overstimulation

Maintain the Positive Perspective

- Creating a Culture of Appreciation
- Let's Play with Baby
- Emotion Coaching with Children
- Expressing Appreciation

Ritualize the Daily Stress-Reducing Conversation

- Creating Your Daily Stress-Reducing Conversation

Flooding, Self-Soothing and Taking Breaks

- Developing a Break Ritual
- Conflict and Children

Day Two

Recognize the Four Warning Signs of Relationship Meltdown

- Four Warning Signs
- Solvable Problems
- Warning Signs in Parent-Child Relationships

Practice the Four Steps of Constructive Problem Solving

- Softened Start-Up
- Accepting Influence
- Repair
- Compromise

Honor Mothers and Fathers

Recognize the Importance of Fathers

- What Research Says
- A Parent's Role in Play

Understand Baby Blues, Postpartum Mood Disorders and other Mental Health Issues

- What Help is Available?
- Research
- Partner Massage

Connect with Your Children

- Attachment, Temperament and Self-Regulation
- Creating a Parent-Child Connection

Preserve Intimacy and Romance in Your Relationship

- Building Emotional Connection
- Planning Your Intimacy

Create Shared Meaning, Values and Rituals of Connection