BBH Educator Training Outline

Day One

The Value and Importance of the Bringing Baby Home Program
  o Background and Development of the BBH Program
  o Research and Methods
  o Preparing to Teach BBH

Moving Through Time Together
  o Overview of the Workshop
  o Transition to Parenthood
  o Building a Sound Relationship House

Build Love Maps
  o What are Love Maps?
  o Deepening Love Maps
  o Understanding Child Development

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

Turn Towards: Build an Emotional Bank Account
  o The Emotional Bank Account
  o Bids and Turning
  o What’s Baby Saying?
  o Overstimulation

Maintain the Positive Perspective
  o Creating a Culture of Appreciation
  o Let’s Play with Baby
  o Emotion Coaching with Children
  o Expressing Appreciation

Ritualize the Daily Stress-Reducing Conversation
  o 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