

# Bringing Baby Home™ Educator Training 28<sup>th</sup> – 29<sup>th</sup> March, 2020.

Function rooms, Lewisham Building.  
Calvary Public Hospital, Bruce (Canberra). ACT.

*(access off Hayden Drive. Free parking across road from main Hospital entrance)*

**Name :**

**Email address:**

**Postal address:**

**Phone contact:**

**Place of work:**

**Occupation:**

**Any special dietary needs:**

**Please write a short explanation of how you expect to use this course in your work:**

**Payment: \$850**

Please make payment via electronic banking  
Bringing Baby Home Australia Training  
BSB 062-922  
Acc No: 101 222 14.

Please email completed form and copy of payment confirmation to [jgblackburn1@bigpond.com](mailto:jgblackburn1@bigpond.com).  
An invoice will be issued on receipt of payment advice.

**Further information:**

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(on behalf of Bringing Baby Home Australia Training ABN 732  
7584 9767)





# Bringing Baby Home

Professionals helping new parents  
with the transition to parenthood

The Bringing Baby Home (BBH) workshop is a research-based and research-tested psychoeducational workshop that is dedicated to improving the quality of life for babies and children by strengthening their families. Developed by renowned relationship and parenting experts, Drs. John and Julie Gottman, the BBH program is perfect for those who are:

- Interested in having a baby
- Expecting a baby
- Already parenting an infant or toddler (age 0-3)

The goal of BBH is to equip you with the knowledge and skill sets needed to constructively cope with the various changes that typically occur during the first three years after your baby is born.

In the BBH workshop, you and your partner will learn how to do the following:

- Strengthen your friendship
- Increase intimacy and affection
- Work through conflict with greater ease
- Maintain relationship satisfaction
- Reduce hostility
- Create positive baby-child interactions
- Ensure quality involvement for both parents
- Reduce the incidence or severity of postpartum mood disorders

Not only will this program teach you what to expect during the transition to parenthood, it will also help you do things like:

- Better understand child development
- Create co-parenting strategies with your partner
- Improve the way you and your partner communicate, connect, and compromise
- Recognize signs of postpartum mood disorders and gain awareness of treatment options



Learn more at [gottman.com](https://www.gottman.com)