



Bringing Baby Home

A Parenting and Relationship Program

Led by Gottman Trained Educators

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Frequently Asked Questions

We know that there are many questions that come up regarding a two-day workshop - below are some of the most common questions we get asked.

- ***My partner has to work one/both of the days. Is it ok if I come by myself? We can only attend part of one of the days - is it still worth it?***
 - We try to keep our workshop as interactive as possible and this means there are many exercises and activities for couples to do during the workshop. Unfortunately, both partners are required to attend both days. There is no refund or discount for missing time in the workshop.
- ***My family is different....will the workshop still be helpful?***
 - The BBH workshop was created to strengthen the parenting relationship of new families and this can look different for many families - where you are co-parenting, adopting, have a blended family, or identify as LGBTQ, we welcome all families to participate. Although the Gottman's research is largely focused on married, heterosexual couples, we know that maintaining a strong family with the addition of a baby can take many forms and we welcome all who are interested in working on their relationship through parenting.
- ***Can baby come with us?***
 - Yes! We love it when babies join us for the workshop - because the class focuses on coping with the transition to parenthood, what better practice than the interruption and distraction that comes with baby! However due to space constraints and because we want you to be able to participate in workshop activities, we ask that infants or children who are now crawling or walking stay home with a friend, family member, or babysitter.
- ***What kind of space is available for pumping and feeding?***
 - We have an attached room that is available during the workshop and breaks for pumping and feeding. If more than one couple is trying to pump during break, you may need to share the space. We ask that if you have moved into

the room for privacy, that you be respectful of other workshop participants who are also sharing the room.

- ***What is your cancellation policy? What happens if one of us gets sick?***
 - We try to accommodate changes in schedules as much as we reasonably can. We know being a new parent is tough! Cancellations for the workshop made two weeks before the event or longer are entitled to a refund, minus a \$50 processing fee. Cancellations made after the two week deadline are refunded at 50% of the workshop cost. There are no refunds if you do not show up to your workshop without notifying the facilitators at transitiontoparenting@gmail.com If you find yourself sick the night before or morning of the workshop, please notify us immediately - we want to be respectful of pregnant participants or new babies in attendance and want you to be able to take care of yourself! We will work with you to reschedule your attendance to the next available workshop. If you are unable to make the next workshop date, you will be refunded at 50% of the workshop cost.
- ***What is a refresher course and why is that being offered?***
 - As great as the skills are in this workshop, they're not an instant fix for anything. We know that baby's arrival or ongoing changes - or just life! - get in the way of practicing these skills. We've found that offering a 3 hour refresher 3-6 months after your workshop can help you maintain them over time.
- ***Is this workshops relevant to parents of older babies/toddlers? Can we come if this is not our first baby?***
 - Although the examples used in our workshop often refer to pregnancy and newborns, it's certainly not exclusive to families with infants! We welcome families of all stages who are looking to strengthen their relationship in the transition of expanding their family through the arrival of any baby. The workshop can be helpful for first babies, second or third; it focuses on skills and strategies to strengthen relationships.
- ***Should this workshop be taken before or after baby arrives?***
 - This is really a personal choice - and sometimes dependent on scheduling! Some couples find it helpful to be prepared prior to baby's arrival so they can know what to expect and practice building skills ahead of time. Other couples have preferred to take it after baby arrives because there can be a lot of unknowns and unpredictable pieces, including how you will handle the transition and baby's personality. We simply encourage you to take the workshop and learn these valuable skills!

Please feel free to contact us at transitiontoparenting@gmail.com if you don't see your question here!