

**Even the strongest relationships are strained during the transition to parenthood.**Lack of sleep, never-ending housework and new fiscal concerns can lead to profound stress and a decline in marital satisfaction – all of which affect baby’s care. Not surprisingly, **69% of new parents experience conflict, disappointment and hurt feelings.**

This research-based Bringing Baby Home workshop prepares couples for life with baby and helps them to be the best parenting team possible. In a relaxed and supportive environment, parents learn to strengthen their relationship and foster baby’s development during this challenging time. Couples build on what Dr. Gottman and his colleagues have found to be the best predictor of marital adjustment after baby arrives: the quality of friendship in the marriage*.*

This program combines scientific research and public education to improve the quality of life for babies and children by strengthening their families. It teaches new parents how to gain relationship satisfaction and create healthy social, emotional and intellectual development for their children.

In this workshop couples gain a sense of empowerment by learning new skills to:

* Prepare for the transition to parenthood
* Maintain relationship satisfaction after having a baby
* Promote positive parent-baby interactions
* Promote quality involvement for both parents
* Reduce the incidence or severity of postpartum mood disorders

Most new parent programs address the birth of the child. Bringing Baby Home addresses the rest of the couple’s life together. Be part of a Bringing Baby Home program in your community.

**Bringing Baby Home Workshop – Fall 2014**

**Roots & Wings Counseling**
Located inside of the Cranio Sacral Institute of Michigan
245 Barclay Circle, Suite 400
Rochester Hills, MI 48307
Phone: (248) 218-2576
[www.rootswingscounseling.com](http://www.rootswingscounseling.com)

October 4, 11, 18 – 9:00 am – 1:00 pm
Workshop fee: $200 including materials

Call to register by September 24, 2014

Presented by licensed counselors and certified Gottman Bringing Baby Home Educators – Karen Duffy, LLPC and Susan Orlando, LLPC