



acupuncturekitchen

Bringing Baby Home

Practical Workshops for New Parents

with Laurie Agee, MFT, CMT

Wednesday evenings from 7-9pm
March 10-April 14, 2010
\$75 drop-in per couple per evening
\$350 per couple for the entire series

Laurie Agee, MFT, CMT is a Certified Gottman Therapist who specializes in couples counseling. She works with individuals and couples who seek spiritual growth, healing, and the freedom to live life fully, passionately and creatively with the strength and courage that comes from awareness combined with caring and skillful communication



Bringing Baby Home is a series of research-based workshops on encountering the obstacles alongside the excitement of welcoming new children into your home. BBH is based on a 7-year study on the transition to parenthood and its effect on marital happiness by famed marriage researcher John Gottman. BBH teaches couples the latest research findings about how to make the transition to parenthood less stressful, more inclusive of both parents, and how to keep your relationship strong. Research-based parenting techniques that affect your child's emotional development as well as the parent-child bond will also be addressed in these workshops. Each workshop is intended to help you build a strong family unit. Each evening's format will be a combination of lecture, interactive exercises, group discussion and journaling.

Couples are welcome to drop in on individual sessions and are encouraged to sign up for the entire series. **See other side for a breakdown of topics we will cover each evening.**

Suggested book resources:

1. *And Baby Makes Three* by John & Julie Gottman
2. *Raising an Emotionally Intelligent Child: The Heart of Parenting* by John Gottman
3. *7 Principles for Making Marriage Work* by John Gottman
4. *10 Lessons to Transform Your Marriage: America's Love Lab Experts Share Their Strategies for Strengthening Your Relationship* by John & Julie Gottman, Joan de Claire

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These evening workshops can be attended on an individual basis or as a series. Even if you can only attend one, it will help strengthen the bond of your relationship and ease you into the challenging transition of parenthood.

March 10th

Transitioning into Parenthood

- What to expect when you first bring baby home and how to transition into parenthood
- 10 reasons why this transition can be challenging
- What couples typically experience, based on research
- 5 ways that a couple can build a friendship through this experience
- Why relationship quality is so important to parenting and the welfare of your baby
- Most important, we'll cover the positive side of transitioning into parenthood and how you can look forward to it!

March 17th

Children and Parents: A Delicate Relationship

- How a difficult transition into parenthood can impact parents and children and why the strength of your relationship matters
- What happens to a couple when it becomes "parents"
- How to recognize if the relationship is in trouble
- The power of a satisfied relationship
- 3 ways to create a culture of appreciation
- How to develop a 5-step strategy for relationship success

March 24th

Emotional Communication and Children

- Why are emotions important in parenting?
- How to recognize and interpret emotions in children
- Examining your parenting style and figuring out what type of parent you are
- 5 steps for Emotion Coaching and what makes Emotion Coaching different than simple parenting
- 5 steps toward emotional problem solving for your child
- How relationship satisfaction impacts parenting

March 31st

Managing Stress and Conflict Regulation

- Why it's crucial to manage stress
- Recognizing anxiety and depression
- 4 stress warning signs
- What happens when stress is managed well versus when it's destructive
- 4 ways that couples encounter conflict
- 4 ways to help a child after an argument or fight
- 3 tools for decreasing relationship stress
- All couples have conflict. What degree of conflict is okay?

April 7th

Making the Magic Last

- The characteristics of a magical relationship
- Building on the foundation of friendship
- What happens to kids when the magic lasts
- 4 reasons why relationships fail
- 6 steps for making the magic last
- Exercise: *making the magic last card deck*

April 14th

Creating a Shared Family Legacy

- The importance of creating a family legacy and 6 ways to create one
- How your personal family history impacts your parenting
- How to create shared meaning with kids
- How to create a personal family philosophy
- The positive side of the transition into parenthood

Pre-registration is required as Acupuncture Kitchen can only accommodate a finite group. Pre-payment is required for pre-registration. In the event of cancellation, there is a 25% cancellation fee. The remainder of your payment will be applied to your account as Acupuncture Kitchen credit.