

BECOMING US BEFORE BABY COURSE PILOT DATA

The Becoming Us Before Baby course for expecting parents was piloted through Legacy Hospital in Portland, Oregon, Interrelate Family Relationship Centre in Lismore, and through private providers in Melbourne and Luxembourg. Over 200 couples attended four antenatal and one postnatal session.

Raven Institute of Research evaluated feedback from 42 participants and found parents reported changed expectations, increased focus on their relationship, more awareness of self and partner's needs and experiences and increased knowledge of ways to provide mutual support and work as a team. Further, participants reported feeling better prepared for life with their baby and knowing when and how to seek additional support. Here's what they said:

ABOUT THEMSELVES:

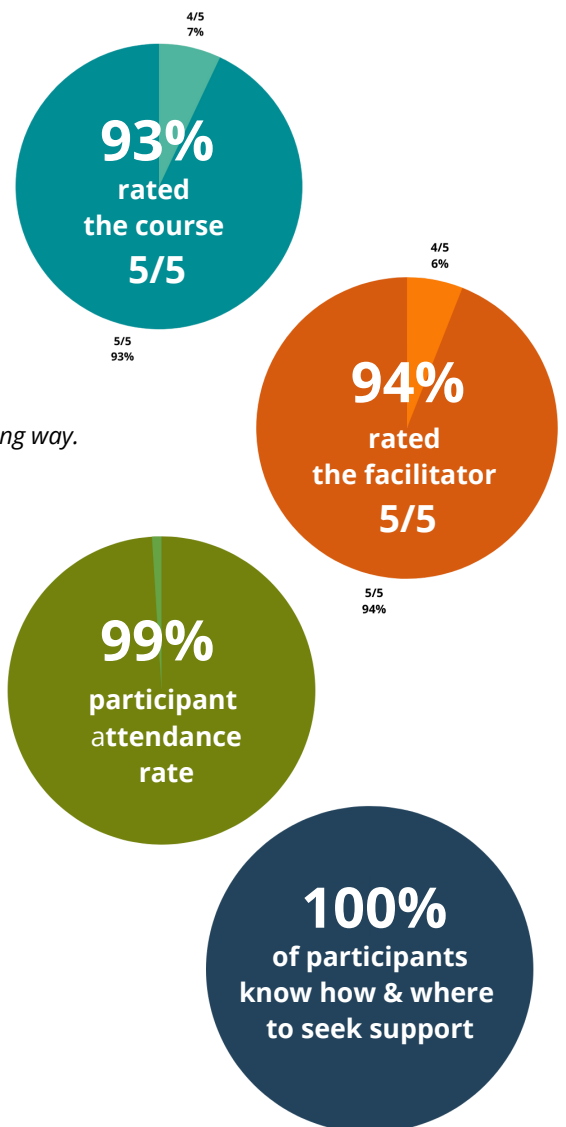
*I will carry the tools with me across all my relationships.
I feel more capable of talking about my emotions.
I'll be more patient with all of us - myself, my partner and our baby.
It's reduced my anxiety about being a first-time parent.
Now I have informed expectations about topics I wouldn't have thought of.
It's amazing to understand that the struggles and challenges are normal.
I can take better care of myself, so I can be a better partner & parent.
I can ask appropriately for what I need.*

ABOUT THEIR RELATIONSHIP:

*We have a framework to discuss important issues in a constructive and fulfilling way.
It's helped us put plans in place to keep our relationship healthy & happy.
We can stop and reset how we react to one another under stress.
I'll put more emphasis on us as a couple as the foundation for our family.
I'm more thoughtful about what my wife is going through.
It's helped my partner and I to be on the same page.
It's already improved our communication and conflict management.
We can keep each other top of mind and support each other more.
It's brought me closer to my wife.*

ABOUT THEIR FAMILY:

*I can create a stable environment for our baby so they are calm & relaxed.
I have a better example of a strong relationship for our kids and how to be a better, calmer, more understanding parent.
I will be a more responsive and committed parent who prioritises my wife for the benefit of our child.
I can create a healthier environment for our child, where mum and dad will be more supportive of each other.
We can model a respectful and happy relationship and our kids will also feel listened to and heard.*



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