Expecting your first baby? Join this research program to have a positive start!

The program starts in pregnancy with a 6-week online group and continues after your baby arrives with an additional 6-week group. Your partner or a support person can attend with you.

It includes:
- Practical skills for managing the joys and challenges of becoming a parent
- Skills and information to prepare for childbirth
- Mindfulness-based stress management that can be applied to birth or parenting
- Self-care tools that support calm and connected parenting

You will be asked to complete 4 online questionnaires and will be given a gift card for each that you can redeem at many stores such as Safeway, CVS, Amazon, Target and Lyft.

$40 gift card for EACH completed questionnaire

For more information and to sign up, contact:
253.693.8282
newparents@uw.edu