



Couple CARE for Parents

A Parenting and Relationship Enhancement Program for Parents with Newborns

The Family Translational Research Group, part of the Department of Psychology at Stony Brook University, has launched a parenting skills and relationship enhancement program for unmarried parents with newborn babies. The group has received a five-year grant from the Administration for Children and Families to adapt an Australian program called Couple CARE for Parents to meet the needs of unmarried American couples who can benefit from added support and knowledge immediately following the birth of their child.

The goals of the project are to

- (1) Enhance couples' relationship and parenting satisfaction and sense of competence;
- (2) Measure couples' outcomes (i.e. the development of parenting and relationship skills; relationship satisfaction and commitment);
- (3) Identify factors predictive of those outcomes;
- (4) Collect feedback from participants about how to revise the program and;
- (5) Create an American version of the program for dissemination.

To be eligible to participate in the Couple CARE for Parents programs, couples must be **unmarried**, have a baby **under 3 months old** and fall below the **Suffolk County Self-Sufficiency Standard** for their particular family composition. At this time, we are only able to work with couples in which both partners are **English-speaking**. However, our goal is to adapt the program for Spanish-speakers in the future.

For more information, contact:
Rebecca Bonanno, LMSW,
Project Coordinator
631-632-4677

Couple CARE for Parents:

- ☺ teaches parents about infant care, healthy communication, stress management, and other topics relevant for new parents;
- ☺ is delivered entirely in the couples' home through home visits and telephone support;
- ☺ is free to all eligible couples.



Recruitment for the Project

If you have contact with a new parent who you think might benefit from Couple CARE for Parents, please mention the program to the parent, provide a brochure if one is available, and suggest that she contact Rebecca Bonanno at 632-4677. Or ask the parent if you may pass her name and contact information on to the educator. Couple CARE for Parents staff will screen all couples for program eligibility.