

National Guard or Reserve members and partners: Are you Expecting your First Child?



What is The Family Foundations Program?

Family Foundations (<http://familyfoundations.ssri.psu.edu/>) is a program developed at Penn State that helps couples make the transition to parenthood in a healthy way. This period, when a couple has their first child, is often quite stressful for new parents. Family Foundations has been shown to have multiple benefits including:

- Reduced parent stress, depression, and anxiety
- Better couple teamwork and support around parenting
- Reduced family violence
- Warmer and more patient parenting
- Better child self-regulation, social adjustment, and school adaptation
- Fewer child emotional and behavior problems

Why adapt the program for military families?

Military families encounter stressors and challenges that are common to all families as well as those that are unique to the military lifestyle, including multiple relocations, long duty related separations, and the challenges related to combat exposure.

Who are we looking for?

National Guard or Reserve Members and partners who:

- Are expecting their first child (0-7 months pregnant at time of enrollment)
- Are not expecting deployment within 6 months of starting the program

What will the participants do?

Couples will complete our new interactive, online program for new parents and participate in pre- and post-test surveys/interviews.

Is there compensation?

Each person will receive **\$25** for each survey/interview they complete, up to **\$100** per couple.

If you are interested in participating or have any questions please contact:
Michelle Hostetler at FamFound@psu.edu or **814-865-7375**.

About this Project:

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